

ANNUAL WOMEN'S HEALTH ISSUE

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Kodjoe
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BREAST
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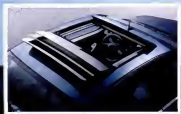
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Parker &
Boris Kodjoe:**

**TV's Hottest
Real-Life Love Story**

By Zondra Hughes

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Photography: Marc Baptiste.
Makeup: Natalie MacGowan-
Spencer/Celestin Agency.
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Styling: Reynaldo Davis
Carter for Exclusive Artist
Management. Cover design
by Ingrid Larkin.

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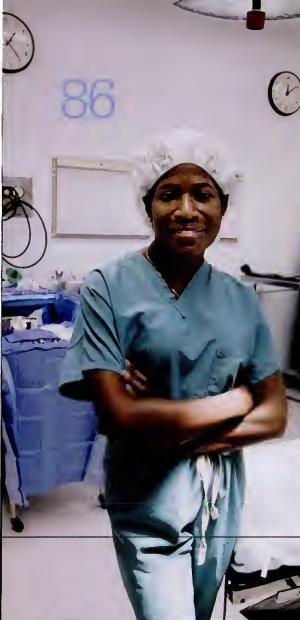
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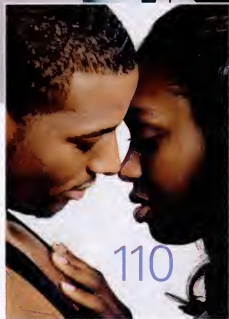
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EBONY

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OCTOBER 2004

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The
Audit
Bureau
(ISSN 0012-9011)

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Speaking Of PEOPLE

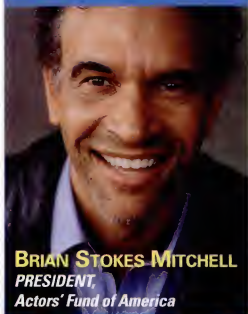


Michelle Gethers-Clark has been named executive owner of the credit operations network for American Express. In this role, she provides strategic leadership to the company's credit operations network. Gethers-Clark also serves as senior vice president and centerhead of the American Express Service Counter in Greensboro, N.C.,

MICHELLE GETHERS-CLARK
*SENIOR VICE PRESIDENT,
American Express*

where she is responsible for the day-to-day operations. Gethers-Clark, a certified public accountant, joined American Express in 1987 as a staff auditor and was promoted to the credit policy and risk management organizations. She earned a bachelor's degree from the School of Professional Accountancy at Long Island University. Gethers-Clark and her husband, Rudy Clark, who is also a certified

public accountant, have a son, Gregory, and daughter, Sophia.



BRIAN STOKES MITCHELL
*PRESIDENT,
Actors' Fund of America*

Brian Stokes Mitchell is the first Black president of the Actors' Fund of America. In his new position, he will be responsible for a \$17 billion annual budget and more than 6,000 members from the entertainment industry. Stokes, a Tony Award-winning actor, musician, composer, conductor and producer, will head the 114-year-old nonprofit organization while continuing his artistic pursuits. Mitchell got his first break in 1977, when he won a part in *Roots: The Next Generation*. In 1988, he won the Theater Award for outstanding Broadway debut for his role in the musical *Mail*. In 2000, he won the Tony Award, Drama Desk Award and the Outer Critics Award for Best Actor in a Musical for his role in *Kiss Me Kate*. He lives in New York City with his wife, actress Allyson Tucker, and he has one son, Ellington.



JUSTICE MICHAEL DOUGLAS
SUPREME COURT JUSTICE, Nevada

Michael L. Douglas is the first Black Supreme Court justice in Nevada's 140-year history. Douglas, 56, was appointed to replace Justice Myron Leavitt, who died earlier in the year. Prior to his history-making appointment, Douglas served as chief judge of the eighth judicial district for the state of Nevada. He has also served as presiding judge of the civil division for the eighth judicial district, deputy district attorney of Clark County's District Attorney's Office and directing attorney of Nevada Legal Services Clark County Program. "I don't believe in liberty and justice for some," Douglas said at a Capitol ceremony. "Not just for the rich, not just for Blacks, not just for Caucasians, but for all." Reared in Los Angeles, Douglas received a bachelor's degree from California State College at Long Beach and a law degree from the University of California Hastings College of Law in San Francisco. He lives in Las Vegas with his wife Martha and has one daughter, Christine Douglas-Ramirez, and two grandchildren, Tikal and Ixchel.

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EBONY

Incorporating Black World Magazine

VOLUME LIX, NO. 12

OCTOBER 2004

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LETTERS

to the editor



JADA PINKETT SMITH

I was so happy to see the article, "Jada Pinkett Smith: Redefining Marriage, Motherhood & Stardom" (Sept. 2004), which really gave her fans a lot of information about her that they might not have known. She is a strong woman who speaks her mind, knows what she wants, and then does what she needs to do to get it.

We all know that Will Smith is a huge celebrity in his own right, but he is extremely fortunate to have Jada in his corner. I hope they continue to make a statement in Hollywood and the world.

Kevin Moore
Los Angeles, Calif.

HBCU SPECIAL SECTION

Editor's Note: In the "HBCU Directory" that appeared in the special section on historically Black colleges and universities (Sept. 2004), Stillman College in Tuscaloosa, Ala., was inadvertently omitted. Stillman has been fostering academic excellence and

providing high-quality educational opportunities for diverse populations since 1876. Under the direction of its president, Dr. Ernest McNeale, since 1997, the college has enjoyed a technology-enriched environment that allows it to compete and to educate at the same level as much larger universities.

Stillman has been described as "the leader in wireless computing."



Dr. Ernest McNeale
President, Stillman College

We also regret that Texas College in Tyler, Texas, was omitted. The college, which is celebrating its 100th anniversary, is led by its president, Dr. Billy C. Hawkins. Texas College has achieved distinction in teacher education, and also offers a variety of other courses, including law, medicine, computer science and dentistry.

Additionally, the name of Dr. Lester C. Newman, the distinguished president of Mississippi Valley State University in Itta Bena, Miss., was misspelled.

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LETTERS

HALLE BERRY

Thank you, EBONY, for the article, "Halle Berry: Why I Will Never Marry Again" (Aug. 2004). I want to say to Halle Berry, stand tall in spite of all your difficulties in your life.

The Academy Award that she received says it all—you are the best at what you do, your work and your spirit speak for you. You are the very best in your profession, and you are a strong woman. In time, this too shall pass, and you will love again.

Catherine McKenzie
Palmetto, Fla.

"I get highly saddened when people die of AIDS because of unprotected sex ... It seems people are so busy pointing the finger at other people when they should be pointing the finger at themselves."

Your article on Halle Berry, first of all, was first-class, superior. It truly confirmed my thoughts of Ms. Berry.

Ms. Berry stated that she's now going to focus more on her career. With all due respect to you, Halle, maybe, just maybe, that's exactly why your marriages have failed—focusing too much on your career and not enough on your man!

Edward A. Blatch
South Bay, Fla.

FASHION FAIR CHAIRPERSONS

Editor's Note: In the "Ebony Fashion Fair Chairpersons" feature (Sept. 2004), Sheryl Jackson's photograph was not included, but her name mistakenly appeared alongside another photograph. Jackson is



Sheryl Jackson

the general chairperson for the Ebony Fashion Fair show in Columbus, Ohio, which was sponsored by TWIG 110 of Children's Hospital and held at the Capital Theatre on September 12.

FOR BROTHERS ONLY

I want to applaud Kevin Chappell on his For Brother's Only "The Woman In Your Life" (August 2004). I have been married for six years and I am still telling my husband I would love to feel more appreciated in all

areas. Women, wives and mothers take on more than their fair share of responsibilities. We put everyone above ourselves and still do not get the royal treatment. I'm not saying to put us on a pedestal, but at least let us know we are still your No. 1.

Tracy Halmon
Park Forest, Ill.

SISTERSPEAK

I read with interest the Sisterspeak article, "The Low-Down on the Down-Low" (Aug. 2004). First, African-American women are horrified that they can get AIDS from a man who is on the down-low. If African-American women are requiring all of their sexual partners to use condoms (like they should be), then it would be safer if one of them were having sex with someone who is HIV-positive. Remember, there are lots of ways of contracting the HIV virus.

Scott L. Mayer
Minneapolis, Minn.

I am one of many (I bet) homosexual men who read your magazine, and this is the first time that I have a response to one of your articles.

I was reading the "SisterSpeak" column, "The Low-Down on Down-Low Brothers." Now I do agree that the way the Brothers handle the situation is not cool. However, there is no mention of one important detail in this entire article, which is "condoms." If these "Sisters" would just take time to tell *any man* to use a condom, no matter if

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LETTERS

he were down-low, low-down, or just down-right straight, they wouldn't have this problem.

I cannot stress enough the importance of the use of condoms. I get highly saddened when people die of AIDS because of unprotected sex. Some women are absolutely careless in this aspect. I just don't think that the full blame should be laid upon the down-low Brothers. It seems as though people are so busy pointing the finger at other people, when they should be pointing the finger at themselves.

Name Withheld
New Brunswick, N.J.

"I believe that what you decide to do with your body is your business; just know that our bodies are beautiful just as God made them. Remember, beauty begins within your soul!"

SENSATIONAL SURVIVORS

I would like to thank you for the article, "Sensational Survivors" (Aug. 2004). After reading the stories, I was very impressed by all the survivors and now really understand why my daughter, who has been diagnosed with Lupus, embraces life and lives it to the fullest. T-Boz's story especially reminds me of her.

My daughter is a 20-year-old college student. She is an all-A student with a GPA of 3.50. She made the honor roll twice, the dean's list twice and was accepted into the National Collegiate of Scholars. Not one day since being diagnosed with Lupus has she stopped living or trying to accomplish her goals.

The article made me fully realize why she continues to love and enjoy life. Keep up the good work.

R. Heslop
Queens, N.Y.

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PLASTIC SURGERY

In regard to the article, "Why More Blacks Are Choosing Plastic Surgery" (August 2004), I think there is nothing wrong with African-Americans (or anyone else) having plastic surgery if it will help you to feel more confident about your body.

I believe that what you decide to do with your body is your business; just know that our bodies are beautiful just as God made them. Remember, beauty begins within your soul!

Sadie E. Henderson
Franklinville, N.J.

I've just read your article regarding plastic surgery for Black people. It was very informative, but people should be mindful that there can be problems, and-sometimes the procedures don't work.

Cassandra Allen
Washington, D.C.

Letters intended for this column should be addressed to:

**Letters To The Editor,
EBONY Magazine, 820 S.
Michigan Ave., Chicago,
IL 60605.**

To be considered for publication, letters must bear the name and address of the sender

and—because of limited space—should not be unduly long. Letters may be edited to meet space, clarity or style requirements.

EBONY ON THE Scene



IN DETROIT, President George W. Bush addresses the National Urban League convention while Urban League President Marc Morial looks on. **IN PHILADELPHIA** (above, left), at the NAACP's 95th convention, Democratic presidential candidate John Kerry is greeted by NAACP Board Chairman Julian Bond and NAACP Vice Chair Roslyn M. Brock. **IN BOSTON** (left), at the Democratic National Convention, Barack Obama, U.S. Senate candidate from Illinois, and his wife, Michelle, wave to the crowd after his keynote speech.



IN NEW YORK CITY (right), attendees at "EBONY Presents Hollywood In Harlem" include (l. to r.): U.S. Rep. Charles Rangel (D-N.Y.); Voza Rivers, executive vice chair, National Black Sports & Entertainment Hall of Fame; Melvin Van Peebles, legendary filmmaker; Jeff Burns, Jr., associate publisher, EBONY; and Lloyd Williams, president of the Greater Harlem Chamber of commerce and chairman of Harlem Week. Walt Disney Co. was the title sponsor for the event.



National Urban League



ATTENDEES AND HONOREES at the National Urban League's Women of Power Luncheon include (l. to r.) mistress of ceremonies Michelle Morial; Elaine Steele, executive director of the Rosa Parks Foundation, who accepted the award for civil rights honoree Rosa Parks; Michael Critelli, Urban League board chairman and chairman and CEO Pitney Bowes; local leadership honoree Ella Bully-Cummings, Detroit police chief; justice honoree Kamala D. Harris, district attorney, Office of the San Francisco D.A.; entertainment/news honoree Linda Johnson Rice, president and CEO Johnson Publishing Co.; entrepreneurship honoree Cathy L. Hughes, founder of Radio One; Urban League President Marc Morial; politics honoree U.S. Rep. Carolyn Cheeks Kilpatrick (D-Mich.); and corporate responsibility honoree Myrtle S. Potter, president, commercial operations, Genentech, Inc.

NATIONAL ASSOCIATION OF BLACK JOURNALISTS HALL OF FAME inductees (below) at historic Washington, D.C., UNITY conference of minority journalists included (l. to r.) EBONY-Jet Publisher John H. Johnson; Robert Maynard, the late publisher of the Oakland Tribune; and Chuck Stone, the first president of the National Association of Black Journalists. In accepting the award for Johnson, EBONY Executive Editor Lerone Bennett Jr. called him "an American Original who virtually invented the Black consumer market and who almost singlehandedly created the foundations of the Black magazines and media stars of today."



EBONY ON THE Scene



AT PREMIERES AND OTHER OUTINGS, celebrity sightings include Halle Berry and her co-star Benjamin Bratt (left) at the Hollywood premiere of *Catwoman*; co-stars Denzel Washington and Kimberly Elise (right) at the New York premiere of *The Manchurian Candidate*; Jamie Foxx, Tom Cruise and Jada Pinkett Smith (below), co-stars of the movie *Collateral*, at MTV studios in New York; and Will Smith and co-star Bridget Moynahan (below, right) at the world premiere of the movie *I, ROBOT* in Hollywood.



IN CHARLOTTE (left), a huge crowd attended the annual "Ebony Black Family Reunion Tour," which included nutrition and fitness tips from Rovenia (Dr. Ro) Brock and a performance by Midnight Star. The tour, which begins in July and ends in September, also included stops in Chicago, Memphis, Philadelphia, Detroit, Cincinnati, Atlanta, Houston and Dallas.





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STAGE

CENTER

Dr. Lorraine Cole

President, Black Women's Health Imperative

10,000.

That's how many strides on her pedometer Dr. Lorraine Cole takes every day. She takes the strides because as the president and CEO of the Washington, D.C.-based Black Women's Health Imperative, she knows that every step toward good health—and away from the medical problems that have plagued Black women for generations—counts.

Dr. Cole's mission is extremely personal, and her motivation is strong. Leading the nation's only not-for-profit organization solely dedicated to improving the health status of Black women worldwide is a daunting challenge, but one that she is uniquely prepared for.

When she talks about the health of Black women, she doesn't mince words, and she speaks straight from her heart. Historically, Black women have had the worst health on nearly every health index when compared to other groups of women. "We collectively don't know how poor our health is," she says. "Black women's health has remained the same over the last 20 years or gotten worse, even with continuous advances in medicine."

She says that the poor health of Black women can be attributed to high rates of risk factors, such as obesity, drug dependence, tobacco use, depression, sexually transmitted diseases, low immunization rates, and abusive relationships. The lack of health insurance also contributes to health problems Black women face.

She knows the problem firsthand. Her mother died of breast cancer, which is one of the reasons she is so passionate about the national breast cancer campaign.

When, in 2000, Dr. Cole joined the organization, which was founded in 1981 by activist Byllye Avery, she took dramatic steps to increase membership. First, she eliminated dues, and pushed to increase membership, which stood at



6,000. Today, the organization has about 150,000 members, or about 1 percent of all adult women. Cole's goal is 1.4 million members, which is 10 percent of the adult Black woman population. "My goal is to broaden the scope of the organization and to expand our reach," she says. "We want to reach all Black females. Our mission here is to promote optimum health for Black women across their lifespan."

Realizing that better legislation can lead to better health among Black women, Dr. Cole and the organization are involved in a massive voter empowerment campaign. "We want to educate Black women about the health issues that disproportionately affect us," Cole says. "Our health is truly in a state of crisis, and there has never been a sense of urgency about the status of Black women. We want to bring it to the forefront, to educate Black women about issues that pertain to them, and issues that should be considered when electing officials."

Dr. Cole, who is married to Vincent Stovall (a writer and composer) and who has a teenage daughter, has dedicated her life to improving the health of African-American women. A native of Chicago and a graduate of Northwestern University, where she received a doctorate in communication disorders, she has worked for academic health institutions, health care providers, and advocacy groups, including a stint as executive director of the National Medical Association. And she practices what she preaches. When she's not working, Cole enjoys walking her dog, aerobics, and, of course, counting her steps—one step at a time.

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U.S. Preventive Services Task Force: Screening for Obesity in Adults: Recommendations and Rationale.
November 2003 Agency for Healthcare Research and Quality, Rockville, MD.

5

Questions For:

Herbert Lowe

NABJ
President

MORE THAN 8,000 PEOPLE MET RECENTLY IN WASHINGTON, D.C., AT THE UNITY 2004 CONVENTION, the largest gathering of journalists in U.S. history. UNITY represented an alliance of Black, Asian, Hispanic and Native American journalists. The National Association of Black Journalists (NABJ) has 4,700 members and will celebrate its 30th anniversary in 2005. Newsday reporter Herbert Lowe, a native of Camden, N.J., is NABJ's 15th president.

1. How do you respond to criticism from conservatives that journalists applauded (or did not applaud) during President Bush's and Sen. John Kerry's speeches at UNITY 2004? It is my personal opinion that journalists on assignment should never applaud. And I cannot quarrel with purists who say journalists are never off duty. Only a few people who attended the Bush or Kerry forums at UNITY were on assignment. The vast majority were not, and thus able to laugh, clap or snirk as they wished. It's interesting that few pundits have raised this question in regards to the hundreds of journalists who laugh, applaud and socialize with politicians at the White House Press Correspondents' Association annual dinner and similar events.

2. Black journalists are still underrepresented in newsrooms overall. Why? It's very frustrating. Twenty years ago, several Black journalists covered the Rev. Jesse Jackson's momentous run for the White House. Today, fewer of us seem to be on the presidential campaigns. We don't get tapped for the most coveted beats—the ones involving our country's most pressing issues—because few newsroom managers give us a fair shot at these jobs. Media companies reflect Corporate America. They are owned by people who hire people like themselves, who in turn hire people like themselves, and so on. They send recruiters to our job fairs and they wear buttons lauding diversity. But when it comes to hiring and promoting, the results don't reflect the rhetoric. Is it willful? Seems so. Is it dishonesty? Seems so. No job opening should be filled unless at least one Black journalist is among the finalists. And every newsroom should have a percentage of Black journalists equal to the percentage of African-Americans in its community.

3. What is NABJ's most important challenge today? To keep our members from leaving journalism. Too often our careers and salaries lag behind our White colleagues; consequently, many of us are leaving for jobs in public relations and

academia. This is bad for journalism and for African-Americans. Media coverage of our communities will not be fair and accurate without our voices in the newsroom and our presence where news happens and opinions are shaped.

4. What is NABJ doing to meet this challenge? We seek to sensitize all media to the importance of workplace fairness regarding Black journalists and to intervene in those instances of obvious mistreatment and omission. To increase our numbers in management positions, NABJ has offered the industry groundbreaking lists of newspaper, broadcast and magazine managers who are ready to lead and succeed. We're expanding opportunities by offering year-round career development training (not just at our annual convention), international reporting fellowships and an online job bank. We also offer networking, camaraderie and mentoring, especially for those who are the Jackie Robinsons in otherwise all-White newsrooms. They very well might not survive without NABJ.

5. What is NABJ doing to help identify and prepare future Black journalists? We go into high schools and colleges to urge students to become journalists. Over the last 20 years, we've provided hundreds of aspiring journalists with internships, scholarships and mentoring. And our student members get real-life newsroom experience by working closely with seasoned journalists while producing daily newspaper, TV, radio and online news coverage at our conventions.

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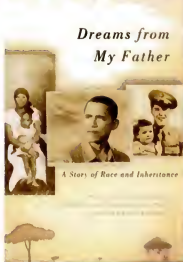


ANNE L. TAYLOR, M.D.
THE ASSOCIATION OF BLACK CARDIOLOGISTS

to other questions can be found in **The African American Woman's Guide to a Healthy Heart** (Hilton Publishing, \$16.95), by Anne L. Taylor, M.D., one of America's foremost cardiologists and director of the Association of Black Cardiologists. This easy-to-read guide can dramatically decrease your risk of heart disease and stroke as well as comprehensively covering the heart's function and how to prevent cardiovascular disease, heart disease and stroke, and help your family live a heart-healthy life. The book also includes a list of resources and additional information to help manage your personal health and that of your loved ones.

Hear trouble. The word everywhere is that Black women suffer disproportionately from heart problems. Therefore it's no secret that, according to medical journals, Black women are twice as likely as White women to have or die from coronary heart disease, but are less likely to receive adequate treatment. Why Black women are at higher risk for heart disease and stroke and the answers

BARACK OBAMA



An unknown writer struggles for months, writing the story of a journey from Kenya, where his father was born, to Kansas, where his mother was born, to Hawaii, where he was raised, to the U.S. mainland, where he attended Harvard University and went on to become a well-known politician in Chicago. The book, **DREAMS FROM MY FATHER** (Three Rivers Press, \$13.95) by Barack Obama, made a few ripples in 1995 and was pushed aside by the big glamour books. Then the unknown writer attracted national attention by becoming the third African-American to win a senatorial primary since Reconstruction. Then the relatively unknown politician delivered a keynote address at the Democratic National Convention and became an overnight political sensation—and an overnight literary sensation. The book rose to the top of the best-seller lists.

The result was one of the biggest publishing stories of the year and additional proof that you, too, can become a best-selling writer if you can tap the still living roots of the American Dream. The book, which is worth attention apart from the political drama, tells the story of how the offspring of a Kenyan and a Kansas-born White woman found fame in America and provides new insights into the many faces of color in America. It also provides an answer to the question the brilliant young politician posed in his Democratic National Convention speech: Does America still have a place for the dreams of a 21st-century dreamer with dark skin and a funny last name?

The answer is yes, but the book and Obama's still unfolding career—the senatorial election will be decided on November 2—is a modern parable that provides answers and questions about the still evolving nature of American democracy.



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HEALTHY



Dr. Ro's Ten Secrets To Livin' Healthy

ROVENIA M. BROOK, PH.D.

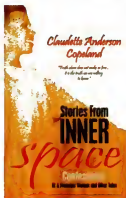
In **DR. RO'S TEN SECRETS TO LIVIN' HEALTHY** (Bantam, \$22.95), more important health information for Black women is expressed by nutritionist Rovenia M.

Brock, Ph.D., affectionately known as "Dr. Ro." In this important book she demonstrates how to look great, feel better and live longer by eating right. She explodes the myths of miracle weight-loss diets and shows how soul food, properly prepared, can be good for you. In **I WILL SURVIVE: THE AFRICAN-AMERICAN GUIDE TO HEALING FROM SEXUAL ASSAULT** (Seal Press, \$12.95), author Lori Robinson provides a sympathetic and informative book for survivors of sexual assault and how to experience emotional, physical, sexual and spiritual healing through her

firsthand experience as a rape survivor. Framed with personal stories, civil rights history and a call for community activism, Robinson guides African-American women on their journey to recovery. **THE BOUNOARIES OF HER BODY: THE TROUBLIN HISTORY OF WOMEN'S RIGHTS IN AMERICA** (Sphinx Publishing, \$29.95), author and attorney Debran Rowland canvases the emotional and polarized debate over what a woman is, what a woman ought to be, and what a woman should, therefore, be allowed to do. Rowland chronicles the legal and social boundaries from a woman's point of view, exploring the critical issues that matter to both men and women. **ATONEMENT AND FORGIVENESS: A NEW MOOEL FOR REPARATIONS** (University of California Press, \$24.95) by Roy L. Brooks shifts the focus from the backward-looking question of compensation for victims to a more forward-looking racial reconciliation. Brooks calls for the government's understanding of the magnitude of its atrocity against innocent people

through a public request for forgiveness, and a material manifestation of its apology through reparation. In so doing, Black people have a reciprocal civic obligation to forgive that releases racial resentment and builds trust in the government's commitment to racial equality. In **STORIES FROM INNER SPACE: CONFESSIONS OF A PREACHER WOMAN AND OTHER TALES** (Red Nail Press, \$19.95), the Rev. Dr. Claudette Anderson Copeland chronicles 30 years of "sterling short stories" as one of America's leading Black female preachers. Poignant, personal, and

always to the point, the prominent minister uses clarity, insight and humor to illuminate. She says "writing is medicine" for her and it has been her call to "wield the scalpel."





THE REAL LIVES OF STRONG BLACK WOMEN: TRANSCENDING MYTHS, RECLAIMING

JOY (Agate, \$22.95) by Toby Thompson explores the triumphs, struggles

and lessons necessary to transcend the stereotypes and overcome the consequences of being a "Strong Black Woman." In a thought-provoking, straightforward manner, Thompson illustrates the costs involved in measuring up to this archetypal image—one of the most powerful and enduring in American society.

In **ANOTHER WAY HOME: THE TANGLED ROOTS OF RACE IN ONE CHICAGO FAMILY** (University of Chicago Press, \$22.50), author Ronne Hartfield, in a moving family memoir, traces the journey of what it's really like to be an

American of mixed race. Through crucial moments in Black history, Hartfield explores a world where mixing is the norm, and where being a person of mixed race can be a source of strength, vitality, hope and courage. In **MY FINE LADY** (Dutton, \$23.95) by Yolanda Joe is a funky twist on the Pygmalion tale popularized in the film *My Fair Lady*. Set on a historically Black college campus, a music professor is challenged by the department chairman to turn an inner-city girl from a gangsta rapper into a sophisticated jazz singer. The professor must do so in time for the Alumni Ball. With humor, satire, music history and old-fashioned romance, the book takes a look at how we chase our dreams and love in a complex world. In **BOAZ BROWN** (Warner Books/Walk Worthy Press, \$22.95), author Michelle Stimpson reveals in her debut novel that single women of all colors should have high standards while keeping an open mind about other minor details. Her heroine's real-life "Boaz" comes wrapped up in a

package that she least expects. **FIGHTING FOR YOUR LIFE: THE AFRICAN-AMERICAN CRIMINAL JUSTICE SURVIVAL GUIDE** (Amber Books, \$14.95) by John V. Elmore, Esq., is a provocative and powerfully written book with sage advice on avoiding pratfalls in the legal system. Written by a practicing criminal defense attorney, the book covers everything from choosing the best attorney to making the right choices. According to Terrie M. Williams, founder and president of the Stay Strong Foundation, "This book is necessary ... because if we don't give our kids time, the system will." **SOUL BEGINNINGS: 8 STRATEGIES FOR OVERCOMING LIFE'S CHALLENGES** (Penguin Group, \$13.00) by Shellie Anderson-Tazi inspires breast cancer survivors and other women who've suffered from trauma with an eight-step program for living victorious lives. Anderson-Tazi uses her own experiences to instruct women about how their experience can lead to unexpected blessings. □



**DEEP-CLEANSING FORMULA 409
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For Brothers Only

BROTHERS, how many times have you been in the throes of a discussion (argument, whatever) with the woman in your life and you just didn't want to hear what she had to say? Perhaps, for some of you, that's happened more times that you care to remember.

Maybe you thought she just didn't know what she was talking about, or maybe you perceived what she was saying as just another episode of nagging, or maybe you figured that you simply know

Black men, for whatever reason, just won't go to the doctor for the blood test and digital examination to fend off a disease that strikes 1 in 5 Black men and kills Black men at a rate that's twice that of other American men.

That's where the "Set the Date" campaign comes in. Anheuser-Busch, Inc. has joined in partnership with the 100 Black Men of America, the National Council of Negro Women, the Institute for the Advancement of Multicultural & Minority Medicine and the National Professionals Network (NPN) to raise awareness about prostate cancer and to promote preventive behavior, specifically prompting Black men to set a date to get a prostate exam.

It's no secret that, in general, women can get the men in their lives to do just about anything they want them to do. So this campaign is encouraging African-American women to use their considerable powers of persuasion to convince their male loved ones to make routine visits to their doctor.

Madeleine Moore, president of Moore Creative Marketing in New York, and co-founder of NPN (along with William Tedford, M.D.), says women can be the key to saving the lives of thousands of Black men. "Women are the merchants of change," she says. "We're urging Black women to talk to men

African-American men are more likely to be diagnosed with prostate cancer at an advanced stage—when it's too late!

about this very important issue. We want them to set the date because we love them and want them to be around. We want them to walk our daughters down the aisle, and to be around to comfort us on a rainy night."

The "Set the Date" campaign, unveiled during NPN's Leadership Summit & Spa at Sea, has the potential to be one of the most effective efforts in the fight against prostate cancer—if Brothers will just listen to what the women have to say, and then do the right thing by getting tested.

For too many men, when they finally decide to get tested, it's too late. Such was the case for the Indiana Black Expo's Rev. Charles Williams, who, severely weakened by the disease and with only two weeks to live, issued in EBONY (Sept. 2004) his final plea to Black men: "Get an annual prostate cancer examination!"

If you aren't moved by Williams' deathbed exhortation, then perhaps you'll listen to the woman with whom you share your hopes, dreams and desires. If you've never listened to what she had to say before, please listen now. It can save your life!

—Walter Leavy

Listen To What She's Saying

more than she does. But there comes a time when even the most knowledgeable of the "Mr. Know-It-Alls" should not only hear what she's saying, but he should *listen* to what she's saying.

This is one of those times. With prostate cancer continuing to victimize Black men at a rate that's greater than that of any other group in the world, a new, innovative campaign—targeting the influence of African-American women—is underway, with the goal of convincing Brothers that getting regular prostate exams clearly is a matter of life and death.

Even though prostate cancer is one of the most treatable forms of cancer, if detected early, too many



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WHAT'S HAPPENING WHERE!

ATLANTA

- *The Color Purple*. Play. Georgia International Horse Park. Oct. 17.

AUGUSTA, Ga.

- CSRA Classic. Savannah State College vs. Alabama A&M University. Oct. 16.

AVENTURA, Fla.

- National Association of Investment Companies convention. Turnberry Isle Resort & Club. Oct. 24-27.

BALTIMORE

- *Black Sailors in Navy Blue: African-American Sailors of the Civil War*. Maryland Historical Society. Oct. 21.

BIRMINGHAM, Ala.

- Magic City Classic. Alabama A&M University vs. Alabama State University. Oct. 30.

CHICAGO

- Chicago International Film Festival. Various venues. Oct. 7-21.

COLUMBUS, Ga.

- Tuskegee-Morehouse Classic. Morehouse College vs. Tuskegee University. Oct. 9.

DALLAS

- State Fair Classic. Prairie View A&M University vs. Grambling State University. Oct. 2.

DETROIT

- *Without Sanctuary: Lynching Photography in America*. Charles H. Wright Museum of African American History. AT&T Gallery. Through Feb. 27, 2005.

FAYETTEVILLE, N.C.

- Blues Classic. Fayetteville State University vs. Livingstone College. Oct. 30.



HAMPTON, Va.

- Battle of the Bay Classic. Hampton University vs. Norfolk State University. Oct. 16.

HOUSTON

- Tiger Paw Classic. Texas Southern University vs. Grambling State University. Oct. 30.

INDIANAPOLIS

- Coca-Cola Circle City Classic. Tennessee State University vs. South Carolina State University. Oct. 2.

KINGSLEDGE, Ga.

- RJB Hornets Classic. Allen University vs. Edward Waters College. Oct. 16.

LAKE BUENA VISTA, Fla.

- Mickey's Not-So-Scary Halloween Party. Walt Disney World Magic Kingdom. Events features 13 special party nights beginning Oct. 1.

LITTLE ROCK, Ark.

- Afro-American Historical & Genealogical Society convention. Doubtree Hotel. Oct. 21-24.

LOS ANGELES

- Black Cuisine Expo. USC Davidson Conference Center. Oct. 23.

MACON, Ga.

- Music City Classic. Savannah State College vs. Albany State University. Oct. 9.

MEMPHIS, Tenn.

- 2004 Freedom Award Banquet. The National Civil Rights Museum will honor U.S. Rep. John Lewis with the National Freedom Award. The Memphis Cook Convention Center. Oct. 18.



MOBILE, Ala.

- Gulf Coast Classic. Alabama State University vs. Jackson State University. Oct. 9.

NASHVILLE, Tenn.

- National Bankers Association convention. Loews Vanderbilt Hotel. Oct. 5-8.

NEW ORLEANS

- Big Easy Classic. Southern

University vs. Jackson State University. Oct. 16.

NEW YORK CITY

- Jazz at Lincoln Center's Grand Opening Festival. In Frederick P. Rose Hall, its new home and the first facility specifically designed for the acoustics of jazz. Festival dates—Oct. 18-Nov. 6. Grand Opening Gala—Oct. 20.
- National Organization of Minority Architects annual conference. Grand Hyatt Hotel. Oct. 28-30.

NORFOLK, Va.

- Fish Bowl Classic. Norfolk State University vs. North Carolina A&T State University. Oct. 2.

PHILADELPHIA

- U.S. Conference on AIDS-National Minority AIDS Council annual convention. Philadelphia Marriott. Oct. 21-24.

PITTSBURGH

- Association for the Study of African-American Life and History convention. Westin Convention Center. Sept. 28-Oct. 3.

RICHMOND, Va.

- Gold Bowl 2004. Virginia Union University vs. Virginia State University. Oct. 16.

ST. LOUIS

- Black Arts and Sciences Festival. Washington University. Oct. 27.
- Soul in the City. UniverSoul Circus. Northland Shopping Center. Oct. 26-31.

SAN FRANCISCO

- San Francisco Jazz Festival. Various venues. Oct. 15-Nov. 7.

TUSCALOOSA, Ala.

- Druid City Classic. Stillman College vs. Fort Valley State College. Oct. 30.

WASHINGTON, D.C.

- Taste of DC Festival. Pennsylvania Avenue between 7th and 14th streets. Oct. 9-11.
- The 2004 National Minority Supplier Development Council Conference. Washington Convention Center. Oct. 17-20.

INTERNATIONAL DESTINATIONS: MEXICO

- Black Entertainment and Sports Lawyers Association (BESLA) convention. Puerto Vallarta, Casa Magna Marriott Resort. Oct. 27-31.

ARUBA

- Aruba Music Festival. Oranjestad. Features international and local artists. Oct. 9-10.

BERMUDA

- Bermuda Music Festival. Scheduled this year are Anita Baker, Isaac Hayes, the O'Jays, Gerald Albright, Kindred the Family Soul, Seal and others. Royal Naval Dockyard. Oct. 6-11.

U.S. VIRGIN ISLANDS

- Columbus Day/P.R.-V.I. Friendship Day. Holiday. Oct. 11.
- St. Thomas/St. John Ladies Golf Association: "Pumpkin Cup." Oct. 31.

NOTE: Sponsors may change dates or locations after the magazine has been published. Travelers should verify event information with local sponsors.

—Joy Bennett Kinnon

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Money

Talks

FOR years, you've been telling yourself you'd stick to a budget, pay off your debts and free yourself from financial worry. Yet, somewhere along the way you allowed yourself to get sidetracked. But today is a new day, and armed with a new set of rules, you can begin to make life changes that will result in a wealthier, healthier, more profitable you.

Get Organized. Monthly bills,

'How To Free Yourself Financially'

installment agreements, correspondence from creditors, receipts, check stubs and cancelled checks should be organized, filed and stored neatly in an accessible area. "I recommend a portable file storage cabinet where you can organize, alphabetize and store necessary information at your fingertips," says 38-year-old East Coast finance executive Yvette Jamison.

Create A Budget And Stick To It. Most people start out with a budget, but after a few trips to the ATM, or unexpected expenses, they find that they have already exceeded it. "Write down your goals, create a budget that supports them, and make allowances for unexpected expenses,"

says Tameka Johnson, 32-year-old business manager in Chicago.

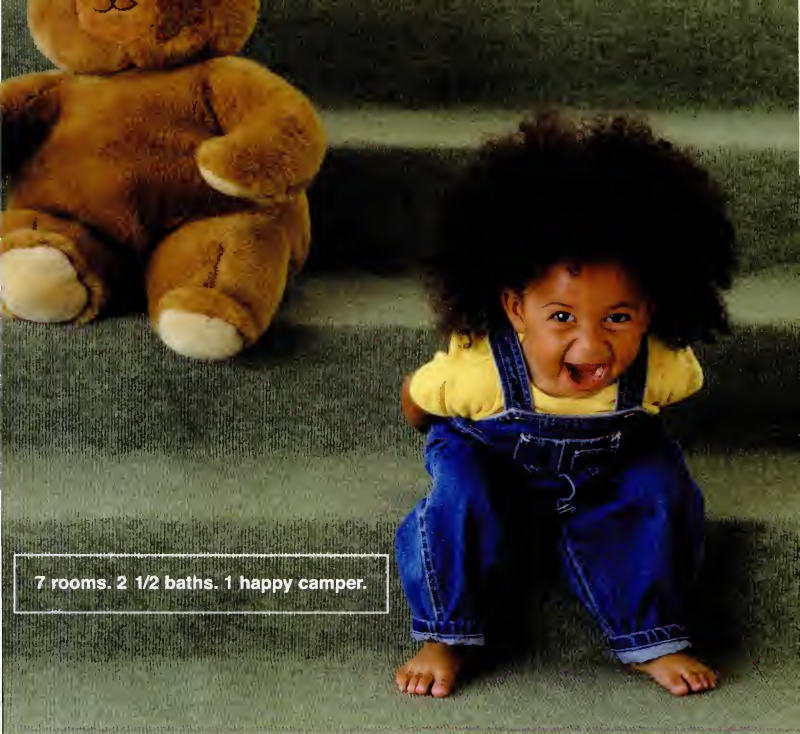
Make A Plan For Your Debt. Debt is a part of life and it's usually not the problem, it's how we respond to it. Some financial experts suggest starting with the smallest debts first, paying them off, and using whatever is left over to pay toward the next obligation. In this manner, you are continually decreasing expenses while creating a method of discipline that is integral to wealth-building. "Some people plan meticulously for a two-week vacation, yet don't thoroughly educate themselves about making lifestyle decisions that affect their whole future," say Marilyn and Tom Ross, co-authors of *Country Bound! Trade Your Business Suit for Blue Jean Dreams*. The key, experts say, is to take control of your debt and not let it take control of you.

Live Within (Or Below) Your Means. The art of long-term growth begins with a change in lifestyle. "Many people can be publicly successful and privately complete failures," says T.D. Jakes, author of *The Great Investment*. "Many people spend hundreds of dollars on the latest imported suit and fine-skin shoes, only to struggle to scrape together the money needed to keep the lights from being cut off or the eviction notice from being delivered." Living within or below your means, therefore, means taking an honest evaluation of your resources and living within the parameters of those financial boundaries.

Commit To Saving. Although it may seem that there is little to spare, setting aside a monthly amount is an important step to establishing a firm financial foundation. Begin by saving a three-month cushion (an amount equal to three months worth of expenses) and then branch out into other saving vehicles. "From 401(k) accounts to IRA's, mutual funds and educational accounts, saving money not only solidifies your financial footing, it provides a necessary source of support in the event of an emergency," says Tameka Johnson.

Stay In Control. Keeping a clear-cut goal in front of you is half the battle of getting there. "Remind yourself frequently why you're trying to get out of debt," says Gerri Detweiler, Marc Eisen-son & Nancy Castleman in *Slash Your Debt: Save Money and Secure Your Future*. "Whether your goal is to provide for college tuition, create a more secure financial future or carefree retirement, think about how much more money you'll have once those debts are paid. Then, decide how you'd like to spend, or better yet, invest the extra money." Keep in mind that your goal is to free yourself from financial worries and pressures while improving your wealth-building abilities.

Creating a financially independent lifestyle doesn't happen overnight, but with time, discipline and a commitment to change, you can see the beginning of a wealthier you. □



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The Latest and Hottest In Black Music!

Sounding Off

Anita Baker

Returns with signature style, class and soul



With soul and style and her signature smoky vocals, **ANITA BAKER** returns to the limelight and music charts after a 10-year hiatus. For her new album, *My Everything* (Blue Note), Baker co-wrote eight tracks and arranged all 10 songs with producer Barry Eastmond. Among the standout tunes are "Like You Used to Do," her sweet and sassy duet with Kenny (Babyface) Edmonds; the sultry "I Can't Sleep," her cover of the Yellowjackets jazz tune on which the group joins her; and "Men In My Life," a sweet and sincere tribute to her husband and her sons. The passionate Anita Baker and her rich talent are back in stride, and perhaps all will be right with the music world again.

—Lynn Norment

RAY CHARLES graces his many fans and admirers with a wonderful recording of duets, most of which were recorded while he was ill. On **GENIUS LOVES COMPANY** (Concord Records), the late, great genius is joined by a host of other music legends, including B.B. King and Billy Preston on the bluesy, foot-stomping "Sinner's Prayer," Norah Jones on the sultry "Here We Go Again," and Gladys Knight, who teams with Charles on the upbeat and hopeful "Heaven Help Us All." Charles, who himself performed and recorded across music genres, demonstrates that versatility on this recording. Country star Bonnie Raitt joins him on the sorrowful "Do I Ever Cross Your Mind," while he teams with Natalie Cole on the pop-feverish "Fever," and Van Morrison on "Crazy Love." The well-loved and respected music man thoroughly entertains on most of the songs. Throughout the recording, as he was in life, Charles is vibrant and his genius is crystal clear.

ray charles

duets with
natalie cole elton john norah jones b.b. king
gladys knight diana krall johnny mathis
michael medonald van morrison willie nelson
bonnie raitt james taylor **genius loves company**



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A message to African-Americans (or their legal heirs) who purchased endowment policies from New York Life Insurance Company between 1920 and 1948.

New York Life is committed to acting in the best interests of our policyholders. That is why we've conducted a comprehensive search of our records to find individuals who may have been overcharged by New York Life for endowment policies purchased between 1920 and 1948. Endowment policies return principal and interest to the owner, typically after a term of 10, 15 or 20 years, or a death benefit to the beneficiary in the event the insured dies prior to the maturity date. Because of the nature of the policies in question, none of them are in force today.

Our search revealed that between 1920 and 1948, New York Life Insurance Company charged African-American individuals more for these endowment policies. That practice ended in 1948, and perhaps earlier, according to our records. Today, New York Life is committed to make whole any customer affected by this practice.

If you or someone related to you had an endowment policy issued by New York Life Insurance Company prior to the end of 1948, and you are African-American, we invite you to learn whether you may be eligible for a refund of extra premiums paid. The deadline for submitting a claim for a refund, along with the required documentation, is April 30, 2005.

To find out if you are eligible for a refund, please call 1-866-891-0614. Hearing-impaired individuals can call our toll-free TTY telephone number, 1-800-420-8141. Phone lines will be open weekdays from 9:00 a.m. to 5:00 p.m. Eastern Time. You can also visit our dedicated web site, www.outreachprogram.info, or write us at New York Life, 51 Madison Avenue, Room 2510, New York, NY 10010. If you write us, please include the following information so we can reach you: your full name, address and phone number, the name of the insured person, and, if possible, the policy number.

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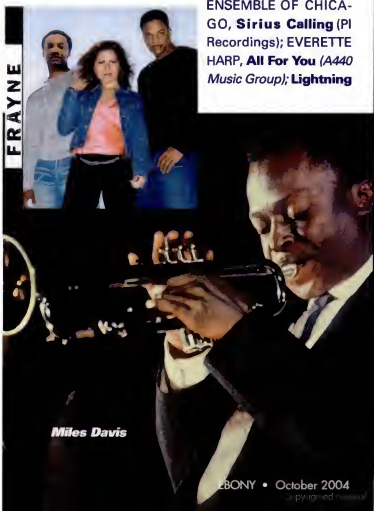


LAWS & WILTON FELDER, *Three Kings: The Legacy Continues Vol. I* (True Life); **MATTHEW SHIPP, *Harmony & Abyss*** (Thirsty Ear); **DR. MICHAEL WHITE, *Dancing in the Sky*** (Basin St.); Reissues of expanded editions of **Duke Ellington's *Blues in Orbit*** (1960), ***Piano in the Background*** (1960), and ***Piano in the Foreground*** (1961) (Columbia/Legacy); ***Seven Steps: Complete Columbia Recordings of Miles Davis 1963-1964*** (Columbia Legacy); **WAYMAN TISDALE, *Hang Time*** (Rendezvous); **DON BYRON, *Ivey-Divey*** (Blue Note); **THE ART ENSEMBLE OF CHICAGO, *Sirius Calling*** (PI Recordings); **EVERETTE HARP, *All For You*** (A440 Music Group); ***Lightning***

Also NOTED:

MIS-TEEQ, *Scandalous* (Reprise); **JOSS STONE, *Mind, Body & Soul*** (S-Curve); **STEPHANIE MILLS, *Born For This*** (JM Records); **LLOYD, *South-Side*** (The Inc./Def Jam);

MISSISSIPPI, *Book of Life* (Universal); **CARLTON BLOUNT, *(From) A Man's Point Of View*** (Magnatar); **SHYNE, *Godfather Buried Alive*** (DefJam); **LUCIANO, *Lessons Of Life*** (Shanachie); **213 (SNOOP DOGG, WARREN G and NATE DOGG), *The Hard Way*** (TVT); **MELLOWMANN ACE, *Vengo A Cobrar*** (Dimelo); **MOBB DEEP, *Amerikaz Nightmare*** (Infamous/Jive); **MYSTIKAL, *Prince of the South...The Hits*** (Jive/Zomba); **K-OS, *Joyful Rebellion*** (Astralwerks/Virgin); **GUERRILLA BLACK, *Guerrilla City*** (Virgin Records); **WORDSWORTH, *Mirror Music*** (Halftooth); **MS. THING, *Miss Jamaica*** (Sequence); ***Caroline, Or Change Broadway*** soundtrack (Hollywood); ***Nora's Hair Salon*** movie soundtrack (Blisstunes); ***The Essential Harold Melvin & The Blue Notes*** (Epic/Legacy); **DOC POWELL, *Cool Like That*** (Heads Up); **FRAYNE LEWIS, *Frayne*** debut (Higher Octave); **TIM BOWMAN, *This Is What I Hear*** (Liquid 8); **INCOGNITO, *Adventure In Black Sunshine*** (Narada Jazz); **BONEY JAMES, *Pure*** (Warner Bros.); **WAYNE HENDERSON, RONNIE**





ARTIST SPOTLIGHT LALAH HATHAWAY

On *Outrun the Sky* (Mesa/Blue Moon Recordings), there is no clue that the talented Lalah Hathaway hasn't released a solo recording in 10 years. Effortlessly, she pulls listeners into her universe with rich vocals, lush lyrics and full-bodied rhythms. The set opens with the catchy, infectious "Your Favorite Song," which will surely become just that for many listeners. Mike City produced this gem, as well as the smooth and smoky "Better & Better." The sultry chanteuse pays homage to Luther Vandross with her cover of

"Forever For Always For Love," while the track "Boston" is a haunting meditation on lost love and lost innocence. Hathaway brings to mind her late father, music legend Donny Hathaway, on the poignant, guitar and organ-driven "Admit It," as well as on the moody title song. On all 13 tracks, Lalah shows that she has sustaining and substantial vocal power and talent. Her dad would be proud. Music connoisseurs are happy.



in a Bottle soundtrack (Columbia), featuring performances by B.B. King, Buddy Guy, Ruth Brown and others; **JOHN LEE HOOKER JR., Blues with a Vengeance** (Kent Records); **PERCY SLEDGE, Shining Through the Rain** (Varese Saraband Records); **Robert Johnson: King of the Delta Blues Singers Vol. 2** (Columbia); **GUY DAVIS, Legacy** (Red House Records); **The RANCE ALLEN GROUP, Live Experience** (Tysco Records); **BROTHER EUGENE JONES, Let Your Spirit Fill This Place** (Intro); and **MORY KANTÉ, Sabou** (Riverboat Records/World Music Network).



Sisterspeak

I'M as guilty as the next Sister. Putting off what I know I need to do. Staying busy on the job and elsewhere to avoid dealing with personal issues. Procrastinating shamefully while hoping a bad situation will get better or just go away. It never does.

As we prepared this special issue on women's health, I'm reminded of missed and cancelled doctors' visits, the dental appointment I haven't made, the nutritional review I've been meaning to undertake and my on-and-off fitness regimen. Walking 4 miles a

Mexican-American women and 30 percent of White women.

So it's not surprising that many of us are afflicted with diabetes, hypertension, heart disease, arthritis, back problems—and a slew of other ailments that are worsened or caused by poor diets and obesity. Too many of us die unnecessarily because we abuse our bodies, then don't seek treatment early enough.

Yes, good health care is elusive to many Sisters, but others are just lazy, trifling or clueless. Case in point: The new young mother who resumed smoking the day her baby was born, despite the fact that her deceased mother and grandmother both had breast cancer.

One Sister expressed frustration that her mid-20s daughter won't get her weight under control. Mom, age 50, is health-conscious and, I must admit, looks fabulous. "I keep telling Cicely that she must lose weight now to avoid all the ills that run in the family," the concerned mother said. "This lack of respect for one's body is why many young women have trouble keeping men."

Fitness guru Donna Richardson is taking her fitness mission, via her "Sweating in the Spirit" program, to churches across the country. Bishop T.D. Jakes was at Donna's side as she led 50,000 people in a gospel slide/line dance that broke the Guinness world record. "You can't continue to take care of everyone else and neglect yourself," she tells Black women. "It's important to love yourself and your body."

I want to absorb some of Donna's passion and conviction, and

"Good health care is elusive to many Sisters, but others are just lazy, trifling or clueless."

shed some pounds. Join me in adopting a healthy lifestyle that includes a nutritious diet, stepped-up physical activity and a new attitude that could save and enhance our lives. Let us:

Work off the pounds. Walk for 30 minutes at least 4 days a week. Walk rather than drive. Take the stairs rather than the elevator. With a partner, walk your neighborhood and local park. Ride that bicycle. Play softball or roller blade with your child. Take your children on walking trips to museums.

Eat sensibly. I don't do "diets," but if it works for you, go for it. Or just cut out fried foods, ice cream, white bread, excessive sweets and fatty snacks. It's amazing how many empty calories we consume.

Consult your doctor. Make and keep doctor and dentist appointments. Don't wait for that somber "change or die" talk; take the first step. Ask your physician about lifestyle changes that can help lower blood pressure, lessen cholesterol and control diabetes. Find out how to combat genetic factors that predispose us to illnesses. Ask questions; seek advice. Make your doctor work for her/his money.

Take responsibility for your own health and life. Lose a few pounds and gain a new lease on life, along with respect and love for your body.

—Lynn Norment

Take Responsibility for Your Life and Health

day, taking those necessary 10,000 steps several times a week, is still a dream. I've just got to keep moving to make it a reality.

I can't blame anyone but myself. I alone am responsible for the fact I've gained weight and my clothes fit more snugly than I care to admit.

Yet, I'm still hopeful that I'll get myself together and do the right thing. Join me. Let's make a vow to eat more sensibly, exercise more diligently, make and keep those doctors' appointments.

There is no reason for so many Sisters to be overweight—make that obese. Fifty percent of us are obese, compared to 40 percent of

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EBONY ESSENTIALS

SWEET LAUNDRY



PARIS RAIN is among the newest fragrances from The Good Home Company, which advocates that all areas of one's abode should be a "haven for the senses." Paris Rain is available in all-natural laundry detergent, sheet spray and laundry fragrance. (goodhomeco.com)

KIEHL'S ORIGINAL

KIEHL'S ORIGINAL MUSK scent is reintroduced as an Eau de Toilette, a modern version of the classic that was developed at the turn of the century and is part of the Smithsonian's historic pharmaceutical products collection. This warm and sensuous scent is also available in an oil.



SPICE IT UP



TRUDEAU'S CASSIA collection includes a stylishly designed spice rack. Available at www.trudeaucorp.com.

STYLISH PENS



SELENIUM BLUE VERVET™

pens from A.T. Cross are elegant and simple with smooth blue finish and contrasting rhodium-plated and midnight blue accents. Fountain pen has rhodium-plated steel nib; rollerball has document marker or ball point refills. Ball point pen also available.

COFFEE TO GO

HOMÉ CAFÉ™ from Black & Decker (developed by Applicia Consumer Products and Procter and Gamble) features brewing system that delivers convenient single cup of cafe-quality coffee in 1 minute. Uses individually packaged Folgers or Millstone pre-measured coffee pods that come in a variety of roasts.



3-IN-1

FASHION FAIR COSMETICS' 3-IN-1 superversatile glosses are multipurpose must-have beauty accessories that accent lips, eyes and cheeks in shades of Angel, Bombshell and Goddess. They are lightweight, fragrance-free and wear well throughout day.



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to go a long, long way.



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ABOUT THE AWARD

Hennessy has a long, distinguished history of community involvement and service. We are proud to note that **Hennessy** was one of the first supporters of the NAACP when it was first formed from the Niagara Movement in 1909. This was well before it was popular for a corporation to support the cause of civil rights. **Hennessy** has also been a consistent supporter of many other community-oriented organizations such as the National Urban League and the Thurgood Marshall Scholarship Fund.

Throughout the years, **Hennessy** has played a role in support of many different worthy causes. The **Hennessy Privilege Award** honors those who have devoted themselves to helping their communities, which mirrors **Hennessy's** rich and proud history.

There are many ways to make a meaningful contribution to our society through dedicated service, leadership or the inspiration of the arts. We are proud to salute our honorees because their work inspires us all to do more. And if we all do more, it will help make our community strong and vital.

The People Behind **Hennessy Privilege**



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HANDMADE SOAPS with natural exfoliants and skin soothers are marketed by the Enterprising Kitchen in Chicago, which provides transitional employment for women. Seascape soap is a blend of green tea and citrus oils enhanced with ribbons of natural seaweed and Dead Sea bath salts. (theenterprisingkitchen.org)



UNIDEN PHONES



DIGITAL EXPANDABLE 2.4GHz cordless phone has four-handset capability, handset speakerphone, voice mail indicator, room/baby monitoring, two-way radio capability, and more features—all in a stylish design that is compact and sleek. This model has base keypad and four-way conferencing. (uniden.com)

HAIR THERAPY

OPTIMUM OIL THERAPY from SoftSheen-Carson provides healing relief for damaged tresses with five-product line: 3-in-1 Creme Oil Moisturizer, Shine Booster, Hair & Scalp Conditioner, Dry Hair Healer and Over-Nite Strengtheners.





HEADS UP: THE SUV THAT TRANSFORMS HEAVY CARGO INTO LIGHT LOADS.

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• 5.4L 3-VALVE V8 ENGINE





Single businesswomen like Lynette McCray of Chicago are exercising their buying power at the dealership, choosing the newest and hottest vehicles. Sales and leasing consultant Bonita Williams points out a car's features.

Getting Behind The Wheel

What You Need To Know About Vehicle Financing

IT'S your favorite color. The perfect fit. It's the car you've been dreaming of for years. But is it available for your dream price? Should you buy or lease? What rate can you get?

The answer to these questions, and others, according to financial experts, should already be answered before you get to the showroom floor.

"Before financing or leasing a vehicle,

make sure you have enough income to cover your monthly living expenses," according to a report by the Federal Trade Commission. "Saving money for a down payment or trading in a vehicle can reduce the amount you need to finance, [and] in some cases, your trade-in vehicle will take care of the down payment on your vehicle."

Preparing yourself before you get to the showroom floor puts consumers in the dri-



A little grey on top didn't mean I couldn't learn about vehicle financing.

A FREE workshop is being offered to help you learn about vehicle financing and leasing, affordability and budgeting, and vehicle options and equipment.





At a dealership, the Rev. Dr. Richard Richardson and his wife, Rita, discuss a possible purchase with Desmond Roberts, president of Advantage Chevrolet in Hodgkins, Ill.

BEHIND THE WHEEL *Continued*
 ver's seat long before they've made a purchase, say some financial experts. When you know the process, the facts, and how the system works, you can make the best decision. "Unfortunately, a lot of people who go to dealerships are intimidated because they don't

understand the car-purchasing experience and the vehicle-financing experience," says Don Ferguson, director of advertising and relationship marketing for GMAC. "But we believe that an informed customer is our most valuable customer. We want to inform customers before they

reach the dealership and arm them with the information to find the car that meets their needs and their means."

"Your Pathway To Financing," a four-hour vehicle-financing educational course, provides consumers with information on budgeting, credit and credit repair, purchase options and product choices. The course can also be taken online at www.yourpathwaytovehiclefinancing.com and is offered across the country in churches, schools, libraries and other consumer-oriented forums.

"The course is designed to cultivate a smarter, more affluent car buyer who will feel more encouraged and confident when buying a vehicle," Ferguson says of the groundbreaking course.

Lynette McCray, the 27-year-old director of Career Makers in Chicago, says that a vehicle-financing course would have helped her during the purchase of her

The decision to buy or lease involves discussing your individual needs with a qualified salesperson. Lynette McCray (below) decides which option is best for her with the help of Paul Snowden, sales and leasing consultant at Advantage Chevrolet in Hodgkins, Ill.



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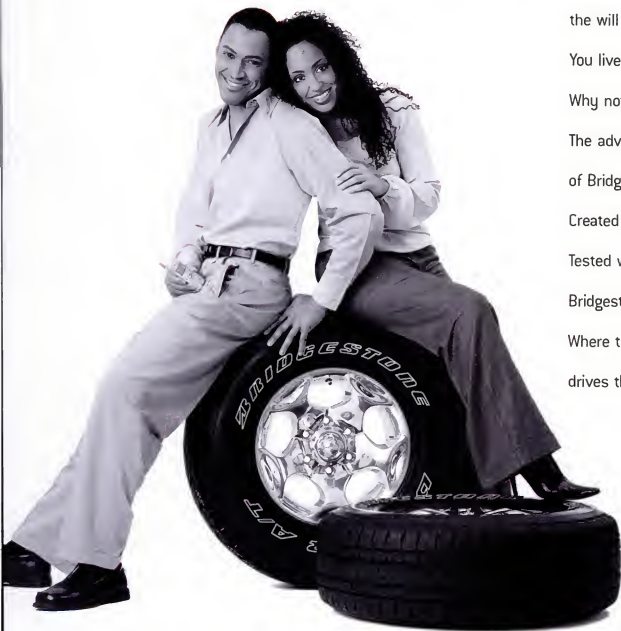
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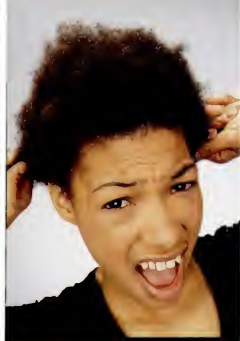
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GMAC FINANCIAL SERVICES

- Affordability and budgeting
- Understanding credit
- Vehicle financing and leasing
- Vehicle options and equipment

GET ON THE RIGHT PATHWAY TO VEHICLE FINANCING

Don Ferguson, director of advertising and relationship marketing for General Motors, works closely with the vehicle-financing educational program by GMAC. The course, offered throughout the country, educates consumers on the vehicle-financing process.

BEHIND THE WHEEL *Continued*

first car. "I'd recently graduated from college and had a lot of student loan debt reflected on my credit report, so I had a lot of credit issues. I was somewhat overwhelmed with all of the choices, the options and the prices," she says. "There was so much information on warranties, rebates, costs, rates, financing and leasing. I wish I'd known more before I went to the showroom. I probably would have gotten a better deal."

Rita Richardson agrees. "People, women especially, need to be knowledgeable of what financing is and isn't. We need to be familiar with all aspects of the financing process," says Richardson whose husband, the Rev. Dr. Richard Richardson, assisted her during the car-buying process. "It's only confusing if you're not aware."

Making consumers aware, regard-

less of the brand of car they purchase, is our goal, says Don Ferguson. "Our purpose is to educate customers about new and used car buying, irrespective of what make or model they choose." But despite the wealth of information through sources like General Motors and GMAC, many customers are still uninformed about financing, leasing, buying and the importance of a solid credit history.

Desmond Roberts, president of Advantage Chevrolet in Hodgkins, Illinois, the only minority-owned Chevy dealership in the state, says that customers often underestimate the impact of credit. "A number of prospective car buyers underestimate the importance of paying, even the smallest bills, on time. Many customers are shocked to see the impact that their paying habits have had on their credit scores, and re-

sulting histories." Unfortunately, bad credit translates into higher rates and higher automobile insurance premiums.

These credit concerns, according to vehicle-financing experts, are not exclusive to African-American customers. "If you have bad credit, then it doesn't matter if you're Black or White or blue or green," says Ferguson. "You're going to pay a higher rate. Finance companies look at the risk associated with loaning you money."

Whether you decide on direct lending (a loan directly from a finance company, bank or credit union to you) or dealership financing (a loan secured by a third party bank, finance company or other via the dealership), you are subject to an annual percentage rate, which may be negotiable.

The next step, selecting the pur-

WHAT TO DO BEFORE YOU GET TO THE DEALERSHIP

- *Order a copy of your credit report.*
- *Assess your transportation needs.*
- *Determine how much you can afford.*
- *Check auto-buying guides.*
- *Compare current finance rates.*

chase option, is determined by your individual needs and usage of the car. If you plan to drive the car for 10 years or more and plan to drive more than 15,000 miles per year, buying may be a more doable, long-term option. Alternatively, if you enjoy driving a new car every two or three years and are more interested in a short-term relationship, then leasing may be the best option.

Whatever you choose, arm yourself with the facts. "Before setting out on your journey to purchase or lease, do your research," says Roberts, Advantage Chevrolet president. "Understanding your options based on your credit history and making decisions in alignment with your other obligations makes all the difference in the world," he adds. "We're here to make sure that happens." □



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ANNUAL



Women's
HEALTH
SECTION

'I SURVIVED BREAST CANCER'

Prominent women tell how they triumphed over the disease

By Joy Bennett Kinnon



Desiree
Rogers

DESIREE ROGERS

**PRESIDENT, PEOPLES GAS AND
NORTH SHORE GAS, CHICAGO**

No one was more surprised than I was with the discovery that I had breast cancer.

I thought I had covered my bases.

I had visited the doctor regularly, and there was no history of breast cancer in my family. Like

WHAT happens when it seems that fate has played a cruel joke and a woman's very life can be in question? What do you do when an intimate part of your body becomes host to an assassin, a foreign element assigned to debilitate, maim or even kill?

You survive and even thrive. That's the testimony of the four people featured in this article: Desiree Rogers, president of Peoples Gas and North Shore Gas in Chicago; BET Foundation Executive Director Darlene Nipper; the Rev. Dr. Claudette Anderson Copeland, pastor of New Creation Christian Fellowship Church in San Antonio; and Marilyn (Francine) Braxton, controller of Chinagraph, a commercial editing/production company in New York City.

For these brave women, breast cancer was not an end, but a platform for better health and for higher career and personal success. The disease didn't stop them. In fact, two of these women were later promoted to top positions in corporate America, one while she was fighting the disease, the other after fighting the disease. The other survivors are at the top of their games in their careers since battling breast cancer.

The stories of these four women, two who nearly died, don't focus on the dying, they focus on surviving. And their inspirational stories of hope and courage will encourage anyone coping with breast cancer in themselves or in a loved one.

so many women, I learned too late that there is no family indicator for most breast cancer patients.

Although I had annual check-ups, I found a lump between mammogram visits in March 2003. I was lucky—my cancer was detected at an early stage. I said then, and continue to state, that it is extremely important for women of all ages to examine their own breasts between annual mammograms. Some

women think that nothing bad can happen in a year. But things can go wrong in a week or a month, and we must constantly be on the alert.

As a supporter of the Y-ME National Breast Cancer Organization, I have found other survivors can provide enormous insight. The organization offers a 24/7 hotline.

There are a number of things I learned from my experience. A critical point, often neglected, is that



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Genentech founded the biotechnology industry 28 years ago. Our scientific innovation has led to breakthrough therapies for cancer, heart attack, asthma and other serious diseases.

We are passionate about helping patients like 14-year-old allergic asthma patient Lajonna, pictured above. Genentech is committed to being a socially responsible company by having a positive impact in the communities where we do business, partnering with patient groups to improve patient care and quality of life, and supporting health science education programs.

Genentech will continue to expand existing programs dedicated to improving patient care, as well as create new initiatives that will empower patients through knowledge and education to become their own health care advocates.

Genentech
IN BUSINESS FOR LIFE



*The Rev. Dr. Claudette
Anderson Copeland*

nutrition is an important element in the prevention and healing process. I counsel women to eat organic fruits and vegetables. It is also a good idea to check the packaging to see if the food is preservative free. Many times we think we are eating healthy, and we're not.

I also emphasize exercise. Exercise keeps the body fit and reduces stress. Black women tend to avoid exercise because we are worried about our appearance. Or we exercise around hair appointments. We must commit ourselves to a regular physical fitness program.

I also now understand how important it is to put you first. Black women tend to take care of everybody else and then take care of themselves—if at all. Cancer reminds you that you need to take care of yourself first. After I became ill, getting well became my priority.

Through this experience, I have become an active participant with the growing number of women who are leading the national

movement for a more proactive approach to breast cancer. I tell women that if breast cancer happens, it's not the end of the world. With early detection your ability to bounce back is great, and the options available allow you to get your life back together sooner.

It helps the healing process to have a positive attitude and to get the best possible care. Ask questions, get second opinions and make yourself an informed participant in the process of your own healing. Don't hide. Talk about your problem. Talk to other women. At Y-ME National Breast Cancer Organization, we encourage women who have survived the disease to talk to other women.

It's important, finally, not to be afraid. If you find a lump, get moving. Time is crucial.

I know.

I've been there.

And today, I'm cancer-free and healthier than I was before.

THE REV. DR. CLAUDETTE ANDERSON COPELAND

**PASTOR and CO-FOUNDER OF THE
NEW CREATION CHRISTIAN FELLOWSHIP
CHURCH, SAN ANTONIO, TEXAS**

There's a whole group of us out here who have not just survived breast cancer—we have thrived because of breast cancer. For some of us, breast cancer was a gift to our own unconscious living. Certainly we don't believe that it is God's perfect will that sickness and disease ravage us, but for

some who have done this dance with cancer, the disease was a way of shaking loose everything that was not absolutely necessary and leaving us with the very best of what it means to be alive.

When I was diagnosed Christmas 1990, as a preacher and particularly a Pentecostal-type preacher whose world was censored and buttoned-down about things concerning the body, I was in an environment where few voices were being honest about anything much that was physical.

So I had to tell my story while I was healing. I had to tell my story out loud so that I could hear myself heal. I had to tell my story to women who had listened to me preach for years, who had a one-dimensional view of how God operates. You know, you pray for healing and you get healed in three easy steps—and it made me enlarge this conversation to talk to churchwomen in particular about our responsibility to partner with doctors, to honor their diagnoses, to listen to what they say to us about our diet and our exercise, our self-breast examination. Women in general, and Black women in particular, often do not touch our bodies, we don't examine our bodies, we don't look at our bodies, we've been told from those old-school mothers to keep your dress down, don't look at it, don't touch it and don't let anybody else touch it! But the cancer crisis caused us to enlarge the conversation in front of women who were refusing to have it.

I was 38 when I was diagnosed, and I think those of us who are young cancer victims have to look



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*Marilyn Francine
Braxton (and her
mother Vivian
Braxton)*

again at stress and the ways in which stress has depressed our immune system and made us open to diseases that really are preventable. I wasn't as vigilant as I might have been. My doctor said it was a cyst, I believed him and went home. I would probably be dead if it weren't for a very dear friend who happened to be an oncology nurse who pushed me to go back and make them give me a biopsy and a sonogram, and my mother who is very old-school and believes if anything is growing on you—get it cut off! I ended up having a mastectomy, radiation and chemotherapy.

I tell women everywhere that it is important to have an organizing principle in life that is larger than this life. If my organizing principle, or yours, is materialism, or a relationship with a man, if it is your car or your house, or anything that is going to perish, it will not hold you in the midst of crisis and storm. I had Christ before I had cancer, and

it was that core that kept my eyes on the horizon. It was that organizing faith, that belief that God was going to work out everything for my good, one way or the other—whether I lived or whether I died. A woman who is struggling with cancer, and who is going through radiation or chemo, can't afford to keep her eyes in the present. She's got to find a point on the horizon and swim toward it.

Before I was diagnosed I was strictly "no meat" and very careful about my caffeine and sugar intake. After breast cancer I continued to be wise and careful, but there is something about having gone through cancer and chemo and also going into my 40s that made me freer, and I became kinder to myself. I chose to walk away from many of the responsibilities and stresses in my life that were dragging me under water.

So my changes were not so much physical as psychological. Cancer caused me to pare down and strip away everything that was extraneous in my life—whether they were bad relationships, false friendships, working for everybody else except my own vision—it left me naked before God in a very free and almost childlike way to say I'm going to live my life happily for however long I have.

I speak out not only about breast cancer, but also about issues of sexual violence and sexual exploitation of women. As a friend of mine, Dr. Johnnie Youngblood, says, straight talk makes straight understanding. I have been warmly received in almost every audience that I have spoken to, but there are always frac-

tional groups of women who are either shocked or offended by a "preacher" saying these things, because a preacher is supposed to talk about heavenly things only. That is not my way. I tell audiences everywhere that the society that we live in is a graphic, visual society. You see every image of every kind in every area of media and yet you want to come to church and have it sanitized. Not so. I think that the God we serve is real, is experiential, and wants to be in-your-face to bring truth, to bring deliverance and to scour out those fantasies and those illusions that keep us in bondage, that keep us backpedaling about our own healing, health and relationships and in some instances keep us stupid.

My husband of 30 years, Bishop David M. Copeland, was very supportive. One of the things my husband often says is that when one person in the family gets cancer, the whole family, in a sense, gets it. Men also need support while somebody they love is going through cancer treatment. They are often just as confused as to how they can deliver the help. Caregivers also need care so that they don't become invisible in the family.

Women need to know that breast cancer is not a death sentence. People who have had cancer, who have had one or both breasts removed, go on for reconstruction or choose not to, but they will be loved and they will be made love to and they will marry and enjoy wonderful, loving relationships. The door is not closed to any of that. Cancer can be a wake-up call to living your best life, as Oprah says.

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Darlene Nipper

MARILYN FRANCINE BRAXTON

CONTROLLER, CHINAGRAPH, INC.,
NEW YORK CITY

I wasn't gung-ho on mammograms. I did them, but I had a terrible fear of doctors. What brought the whole thing to a head was that I kept noticing that my bras were getting smaller and smaller, and I thought that was strange. The curious thing is that you don't feel sick or anything. One day I noticed a lump, but it went down. The next month, it came back. That's when I went to the doctor. I had a biopsy on October 25, 2001. By November 3, I was in treatment.

I had a mastectomy and chemotherapy, but within seven months, I started feeling sick again. I was nauseated and fatigued, my legs were swollen, my eyes were yellowing, and I was in great pain.

I was hospitalized for six weeks, and then I had a reoccurrence. It was in my liver, and I almost died. A month later, I was very sick again. I couldn't walk, and I fell into a coma.

I was very, very, very sick. My kidneys shut down, my liver shut down,

infection spread throughout my body. It was just unbelievable. My hair ... changed [and] was like a Brillo pad.

What brought me through was my family and my job. I got a lot of support from my colleagues at work; they were unbelievable; so was my family.

One day I was so sick and miserable that I wanted to die. I looked at my mother and told her I couldn't take it anymore. But she was crying so hard, and was so heartbroken that it broke my heart. She told me she

couldn't imagine living her life without me, and I said I can't leave her like this.

When I told my doctor I wanted to die, my doctor got in my face literally. At one point the doctors discussed with my mother, who is a former nurse, the possibility of "letting me go" because they didn't think it was fair to put my body through what it was going through. And my mother, Vivian Braxton, said, "No, we're going to put her through everything in order to save her." Mother and my doctor formed a bond. They decided that no matter what turned up, they were going to do everything to keep me alive.

The doctors administered, among other things, Herceptin, a therapeutic antibody for HER2-positive metastatic breast cancer and chemotherapy. Within weeks, the Herceptin started to work, and I started to feel better.

I realized during this period how many people loved me. Since then, my attitude about people has changed. I realize now that you shouldn't be too hard on people. Live your own life and be happy that you have a life.

I focus on the hope that the cancer

will not come back. And I believe spiritually. I pray to God every day because I have to thank Him.

I don't go to church every Sunday, but I definitely believe that He helped me get through the hard times. He put a blanket around me, and I don't have the fear anymore.

I remember lying on the radiation table the first time, crying to beat the band. The chemo took my grey hair away, made my skin baby soft, cleared my complexion. It took 10 years off, it changed everything.

After the ordeal, I went to Hawaii with my sisters. It was like heaven. That was my dream, and now I'm at the top of my game again.

DARLENE NIPPER

EXECUTIVE DIRECTOR, BET FOUNDATION,
WASHINGTON, D.C.

I was 39 when, a year ago, I found a lump in my breast while doing a self-breast exam. Since I had worked as a health care advocate for most of my career with groups like the National Alliance for the Mentally Ill and the National Mental Health Association, I made an appointment immediately and discovered it actually was cancerous.

The doctor presented several options, but I ended up getting the lumpectomy. I knew that the first thing I had to do was get the lump out.

The cancer had spread to a lymph node. When that happens, doctors typically do the whole chemotherapy regimen. While telling me about my treatment options, my doctor also told me that I was HER2-positive, meaning I had the cancer gene that contributes to a more aggressive and deadly form of breast cancer. She mentioned a clinical

trial that was going on for earlier-stage patients using Herceptin.

It is important to understand, I think, that you get a really good level of care in these clinical trials. The Herceptin is great. I mean, it's like drinking a glass of water. But the chemo made me very ill, and I had a pretty visceral reaction to radiation.

It takes a lot of outside support to come through this experience. I was fortunate because I have a really strong family network, including a supportive partner and an adult child.

I also think, for me, as for so many other breast cancer victims, the spiritual connection was strengthened by my illness. I spent more time alone, it was very quiet, and the experience helped me to stay spiritually connected. I had a lot of time to think about my life and what was important and what was unimportant, and the whole experience made me feel stronger.

The most important lesson people can learn from survivors is that breast cancer is not a death sentence and that it doesn't have to be something that stops you from living. In fact, when I was interviewing for this job, I was praying between the interviews that an interview wouldn't fall on a day when I was sick.

I was smack dab in the middle of my 24-week period of chemo, at my sickest, when I was interviewing. My family thought I had completely lost it. They thought I should be resting. So I asked myself, "Would you do this if you weren't sick?" The answer was yes, go to the interview.

I went to the interview and got the job. And I tell women today: Check yourself out. Be vigilant and act, because the sooner you act, the less difficult the process will be and the more likely you will continue to live a long and healthy life. □

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SISTERS SPEAK OUT:

Too Many Black Women Are Too Fat'

NO harm intended, but the statistics speak for themselves. Black women, in epidemic proportions, some would say, are eating themselves to death. According to recent studies, 50 percent of African-American women are obese compared to only 40 percent of Mexican-American women and only 30 percent of White women. The problem, which seems to affect more Sisters at younger ages, is not simply a cosmetic problem. Obese women are more likely to suffer from cardiopulmonary disease, some forms of cancer, heart disease, diabetes, high blood pressure, congestive heart failure and arthritis.

Some African-American women on the forefront of Black health are stepping up to say enough is enough. Dr. Ro, practicing nutritionist and author of *Dr. Ro's Ten Secrets to Livin' Healthy*, has firsthand advice and practical support for Sisters struggling against the odds. And Dr. Willarda Edwards, internal medicine doctor, president of the Sickle Cell Disease Association of America and former chairman of the board of the National Medical Association, offers African-American women a much-needed road map to find their way back to better foods, healthier appetites and slimmer figures.

Rovenia M. Brock, Ph.D.
"Dr. Ro"

***Dr. Ro's Ten Secrets
To Livin' Healthy***

SISTERS, after years of eating all the high-fat, high-sodium and sugar-laden food you wanted, if you looked in the mirror and wondered, "Who's that following me back there"—you're not alone.

It is my story to the very world!

Although the extra pounds and inches may seemingly come from nowhere, they are the result of poor food choices combined with little to no activity. The Centers for Disease Control and Prevention reports that half of all Black women are over-

More than half of African-American women are obese, according to recent reports. High-fat, high-sodium and high-caloric diets contribute to the problem, which some say, has become a cultural epidemic.

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SISTERS SPEAK OUT *Continued*

weight and 1 out of 2, age 40 and over, is obese. It is a troubling statistic, given that obesity leads to an increase in heart disease, diabetes, high blood pressure, and some forms of cancer.

For me, the devastating effects of obesity came firsthand. I lost my biological mother, Larvenia Brock, tragically, to stomach cancer. My mother was an overweight country girl, cab driver and owner of a juke joint in her hometown of Orange, Va. Her diet—complete with fried chicken sandwiches on white bread, pigs' feet, chitlins, potato salad and greens cooked with fatback (which served as my dietary blueprint)—contributed to her premature death.

But [fatty foods] aside, weight gain for African-American women may be different from that of other women. Your "sista-body" is different from the bodies of other women of other ethnic groups. And some researchers believe the difference may date back to the Middle Passage and slavery!

A group of German researchers have identified a gene, the thrifty gene, that may have been the reason African slaves were able to survive the Middle Passage. The thrifty gene, which helps the body to function based on a minimal amount of food, is still carried by some generations, even though starvation is hardly a threat. The typical sedentary lifestyle along with the high-fat, high-calorie diet of many African-Americans jump-starts the gene, causing obesity and its attendant diseases—diabetes, high blood pressure, and

Dr. Rovenia Brock, author of Dr. Ro's Ten Secrets To Livin' Healthy, says the African-American cultural belief system and attitudes may contribute to obesity.

heart disease—all more prevalent in the Black community.

Still, genetics are not the only challenge that we face. Our cultural belief system and attitudes about our body image may also work against us. Culturally, we may *think* ourselves into bad health. Just as the once-popular hip-hop rap lyric announced that 'baby got back'—where Black women with ample derrieres were applauded for having big butts—some Black women (and their men) don't think themselves attractive unless they carry 'a little meat on their bones.' But when your standard of beauty places you at risk for chronic disease, it's time to change your mind in order to save your life!

There is hope. It's not where you start, like all processes, it's where you end up. Each day is a new opportunity to get it right. Today could be the day that you decide to eat smaller portions, cook your vegetables with herbs, without fatty meats or sauces and include one additional colorful vegetable or fruit in your diet. Why not? You've tried everything else. Make the decision to make your life better—today!

Dr. Willarda Edwards

President and COO, The Sickle Cell Disease Association Of America
Former Chairman of the Board,
National Medical Association

OBESITY is not a personal failure; it is a medical problem. But because of the pressures of our fast-paced society, complete with fast foods, packaged foods and high-calorie dishes, obesity has become more prevalent, especially among the Black community.

In some respects, the disparity may lie within the economic challenges of some African-American families. These families, including many single-parent households, may tend to purchase foods that are less expensive. Although less costly, these high-fat foods

Does your nail look like this?



You may be one of the 35 million people with nail fungus

It spreads • It gets worse • It's embarrassing

See your podiatrist or other health care professional. **Treat** nail fungus **now** with safe, **brush-on** Penlac®. To find out more about Penlac®, visit our website at www.penlac.com or call toll-free **1-877-7-FUNGUS (1-877-738-6487)**.

Penlac® is a topical prescription for mild to moderate fungal nail infections. Regular visits to your health care professional for the removal of unattached, infected nails may be required. If you have diabetes, it is important to talk to your health care professional about nail care. The most common side effects are redness around nails, nail shape change, irritation, ingrown toenail and discoloration.

Please see next page for additional important information.

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PRESCRIPTION

Penlac®
nail lacquer

(ciclopirox) Topical Solution, 8%

Give Fungus the Brush

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Please ask your health care provider for full prescribing information.

Penlac[®]

(ciclopirox) Topical Solution, 8%

Patient Information and Instructions

Patients should have detailed instructions regarding the use of PENLAC[®] NAIL LACQUER (ciclopirox) Topical Solution, 8%, as a component of a comprehensive management program for onychomycosis in order to achieve maximum benefit with the use of this product. Discuss your treatment plan with your health care professional for regular removal of the unattached, infected nail.

Who should not use Penlac[®]?

You should not use Penlac[®] if you are allergic to any of its ingredients. The active ingredient in Penlac[®] is ciclopirox. The inactive ingredients are ethyl acetate, isopropyl alcohol, and butyl monomer of poly(methylvinyl ether/maleic acid) in isopropyl alcohol.

Before using this medication, tell your health care provider if you:

- Are pregnant or nursing
- Are an insulin dependent diabetic or have diabetic neuropathy
- Have a history of immunosuppression
- Are immunocompromised (e.g., received an organ transplant, etc.)
- Require medication to control epilepsy
- Are currently taking an oral antifungal medication for nail fungus
- Use or require topical corticosteroids on a repeated monthly basis
- Use steroid inhalers on a regular basis

Patient information:

- Use PENLAC[®] NAIL LACQUER (ciclopirox) Topical Solution, 8%, as directed by your health care professional.
- PENLAC[®] NAIL LACQUER (ciclopirox) Topical Solution, 8%, is for external use only.
- Contact with skin other than skin immediately surrounding the treated nail(s) should be avoided.
- Avoid contact with the eyes and mucous membranes.
- Removal of the unattached, infected nail, as frequently as monthly, by your health care professional is needed with use of this medication to obtain maximal benefit with use of this product. If you have diabetes, or problems with numbness in your toes or fingers, talk to your health care provider before trimming your nails or removing any nail material.
- Inform your health care professional if the area of application shows signs of sensitivity or increased irritation (redness, itching, burning, blistering, swelling, oozing). The most common side effects are redness around the nails and nail disorders including shape change, irritation and discoloration.
- Up to 48 weeks of daily applications with PENLAC[®] NAIL LACQUER (ciclopirox) Topical Solution, 8%, with professional removal, as frequently as monthly, of the unattached, infected nail, is considered the full treatment time to achieve a clear or almost clear nail (defined as 10% or less residual nail involvement). Six months of therapy with professional removal of the unattached, infected nail may be required before initial improvement of symptoms is noticed.
- A completely clear nail may not be achieved with use of this medication. In clinical studies less than 12% of patients were able to achieve either a clear or almost clear toenail.
- Do not use nail polish or other nail cosmetic products on the treated nails.
- Avoid use near heat or open flame, because product is flammable.

Patient Instructions



1. Before starting treatment, remove any loose nail or nail material using nail clippers or nail files. If you have diabetes, or problems with numbness in your toes or fingers, talk to your health care provider before trimming your nails or removing any nail material.



2. Apply PENLAC[®] NAIL LACQUER (ciclopirox) Topical Solution, 8%, once daily (preferably at bedtime) to all affected nails with the applicator brush provided. Apply the lacquer evenly over the entire nail. When possible, nail lacquer should also be applied to the underside of the nail and to the skin beneath it. Allow lacquer to dry (approximately 30 seconds) before putting on socks or stockings. After applying medication, wait 8 hours before taking a bath or shower.

3. Apply PENLAC[®] NAIL LACQUER (ciclopirox) Topical Solution, 8%, daily over the previous coat.



4. Once a week, remove the PENLAC[®] NAIL LACQUER (ciclopirox) Topical Solution, 8%, with alcohol. Remove as much as possible of the damaged nail using scissors, nail clippers, or nail files.

5. Repeat process (steps 2 through 4).

Please Note:



1. To prevent screw cap from sticking to the bottle, do not allow solution to get into the bottle threads.
2. To prevent the solution from drying out, bottle should be closed tightly after every use.
3. To protect from light, replace bottle into carton after each use.

Prescribing Information as of December 2003.

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Germany

DERMIK[®]

SISTERS SPEAK OUT *Continued*

are high-carbohydrate and high-calorie substitutes for required daily nutrients. Many of the parents of these households may grab the fastest thing to cook, snack packages, prepared foods, frozen dinners, or similar items—all lacking the requisite nutritional value. A fast food-oriented lifestyle combined with a sedentary nature that includes little exercise contributes to obesity. Still, the underlying reasons may be emotional. In addition to dietary concerns and environmental issues, depression, isolation, psychological problems, etc. may also play a role.

But if you are obese, there are things you can do to alleviate the extra pounds. I encourage my patients to walk as much as they can. Most patients will tell me, "I'm doing a lot of walking already," but I let my patients know that if they've been walking a certain amount, their body is already used to that, so they have to step it up a pace. I tell them to park a little farther away, take the stairs and think more consciously about trying to do more exercise. Many companies are trying to incorporate healthy walking into their daily regimen.

Making better decisions also includes a change in diet that includes eating more fruits and vegetables. Steer clear of fried foods. Try to bake, broil, or grill, and stay away from fatty foods. Drink at least eight glasses of water per day and pay attention to portion sizes.

Most people don't pay attention to the amount of food they are eat-



Economic challenges, poor food choices and a lack of daily exercise contribute to the overweight epidemic within the African-American community, says Dr. Edwards.

ing. But look at what true portion sizes are and know that it's not the size of your hands and fingers all together. Your portion size is the size of the palm of your hand. It's all relative.

So, we have to learn to be more accountable for ourselves. It's not the industry that is making us fat. It is the individual who is making the choices. We make our own

decisions.

Once you've finally got the weight off, keep it off through diet, exercise and healthy eating habits—the same way you lost it. Find a buddy who encourages you and stick to a daily regimen of activity and nutrition. All it takes is one step at a time. Although the first step is the hardest, it can be the best step of your life. □



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The LOW-CARB Craze

MOVE over calorie-counters! When it comes to dieting, the low-carb fascination is in full swing, and there are no signs of its slowing down. Millions of diet- and health-conscious people around the country have put a new focus on carbohydrates, specifically restricting carbohydrate intake as a way to lose or maintain weight.

As it has been with other popular methods that focus on weight loss, the low-carb craze has exploded, becoming a part of the popular culture, but perhaps to the extent that previous weight-loss solutions haven't achieved. Observers and participants say counting carbs has become the "in thing" to do, carrying with it a certain level of status, while at the same time addressing stubborn weight problems.

One indication of the low-carb phenomenon is evidenced by the fact that manufacturers are producing low-carbohydrate foods and snacks, and fast-food restaurants are offering low-carb-friendly menus to make it easier for dieters to succeed at losing weight. There's even low-carb beer, low-carb chocolate, low-carb bagels—just about anything you might desire is probably available as a low-carb item.

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Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.
Diet low in saturated fat and cholesterol may reduce the risk of heart disease.

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With vitamins A, C, & E to help boost your immune system.

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START AGING SMART

Antioxidants



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LOW-CARB CRAZE *Cont'd*

The idea behind counting carbs is simple—fewer carbs, less weight. But as is the case for all nutrition plans, the key to success is a well-rounded diet that includes the maximum amount of nutrients. And nutritionists say—although the object is to limit carbs—carbohydrates are an important part of a healthy diet, if you don't consume too many, or consume the wrong kind of carbs. For instance, the so-called "empty carbs," such as soft drinks and candy, are likely to contain nothing in the way of nutrition or dietary fiber.

Carbohydrates are nothing more than a complex type of sugar that is found in a variety of foods, including fruits and vegetables. According to doctors, carbohydrates are the brain's primary fuel source and that the daily minimum requirement is based on this need. Nutritional guidelines indicate that

Oysters are among a long list of low-carb items, including (right) some cheeses and vegetables.



LOW-CARB VEGETABLES*

Alpha sprouts	Eggplant
Asparagus	Lettuce
Avocado	Mushrooms
Bean sprouts	Mustard greens
Bell pepper (sweet green)	Okra
Broccoli	Radish
Brussels sprouts	Spinach
Cabbage	Squashes (summer)
Cauliflower	String beans
Celery	Tomatoes
Collard greens	Turnip greens
Cucumbers	Zucchini

*A 3.5-ounce serving contains fewer than 5 grams of carbohydrates.



1 box. 3 meal ideas. 30 minutes.



That's Kraft® Cooking.



Taco Bake

Prep: 15 min. Cook: 20 min.

- 1 pkg. (14 oz.) KRAFT® Deluxe Macaroni & Cheese Dinner
- 1 lb. ground beef
- 1 pkg. (1-1/4 oz.) taco seasoning mix
- 3/4 cup BREAKSTONE'S® Sour Cream
- 1-1/2 cups KRAFT® Shredded Cheddar Cheese, divided
- 1 cup salsa

1. PREPARE Dinner as directed on package. Brown meat in skillet; drain. Add taco seasoning mix and 3/4 cup water to meat; simmer 5 minutes.
2. STIR sour cream into prepared Dinner. Spoon half of the Dinner mixture into 2-quart baking dish; top with layers of the meat mixture, 1 cup of cheese and remaining Dinner mixture. Cover.
3. BAKE at 400°F for 15 minutes. Top with salsa and remaining 1/2 cup cheese. Bake, uncovered, 5 more min. Makes 6 Servings.

Cheesy Chicken & Broccoli Mac

Prep: 10 min. Cook: 25 min.

- 1 lb. boneless, skinless chicken breasts, cut into bite-size pieces
- 1 cup milk
- 1 pkg. (14 oz.) KRAFT® Deluxe Macaroni & Cheese Dinner
- 1 pkg. (10 oz.) frozen broccoli florets, thawed

1. SPRAY skillet with cooking spray. Add chicken; cook on medium-high heat 5 minutes or until cooked through, stirring occasionally.
2. ADD 1-1/2 cups water, milk and macaroni; stir. Bring to boil. Reduce heat to medium-low; cover. Simmer 15 minutes or until macaroni is tender, stirring occasionally.
3. ADD Cheese Sauce and broccoli; cook until heated through, stirring occasionally. Makes 4 Servings.

Cheesy Bacon & Tomato Mac

Prep: 5 min. Cook: 15 min.

- 1 pkg. (14 oz.) KRAFT® Deluxe Macaroni & Cheese Dinner
- 1/4 cup OSCAR MAYER® Real Bacon Bits
- 1 tomato, chopped

1. PREPARE Dinner as directed on package.
2. ADD 1/4 cup OSCAR MAYER® Real Bacon Bits and 1 chopped tomato along with Cheese Sauce. Stir ingredients until well blended. Makes 4 Servings.





Steaks, nutritionists say, can be included in a low-carb diet that can also feature garden salads and certain fruits.

LOW-CARB CRAZE *Continued*

adults and children over the age of 1 should eat 130 grams of carbs a day. However, depending on age, researchers say men usually eat about 200 to 330 grams of carbs a day while women eat around 180 to 230 grams daily.



LOW-CARB FRUITS*

Apples	Oranges (sections without membrane)
Blackberries	Peaches
Blueberries	Pineapple (1 ounce)
Cantaloupe	Plums
Coconuts	Raspberry
Grapes (10 medium)	Strawberries
Honeydew melon	Tangerines
Kiwi fruit (1 medium)	Watermelon
Lemon/lime (2 inch diameter)	

*Fruits contain fewer than 30 grams of carbohydrate in a half-cup serving, except where a different quantity is noted.

While the low-carb phenomenon continues to flourish, nutritionists urge those who are limiting carbs to be "carb smart" and to educate themselves about the proliferation of "low carb," "carb lite" and "carb free" products that fill grocery store shelves and are on restaurant menus. It can be the determining factor in whether you lose those unwanted pounds, or whether you continue the battle of the bulge.

"My kitchen would be perfect...

if I could get rid of my nose!

Seriously, the odors drive me

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Women's
HEALTH
SECTION

HEALTH HOT LINE

HEART disease is the No. 1 killer of American women, with 1 out of 2 women losing their lives as a direct result of heart complications—complications that sometimes aren't identified and treated in women as quickly as they are in men. According to the American Heart Association, every year about half a million women die of heart disease. And it has claimed the lives of more women than men each year since

1984. African-American women are at special risk; they are 60 percent more likely than White women to die of coronary heart disease.

HEART DISEASE

Some new, experimental treatments that are being explored include inserting healthy muscle cells into the failing heart and using stem cells to grow new heart cells. There may soon be drugs available with multiple functions to improve the pumping ability of the heart, open clogged arteries, or prevent tissue damage from free radicals. Free radicals are often oxygen molecules that have lost or gained an electron. These molecules tend to become involved in chain reactions with other, less reactive molecules and can

cause cellular damage. Other avenues of research include transplants from animals, and the development of an improved left ventricular assist device, which can help the functioning of the damaged heart.

Different surgical techniques are also getting attention. Advances are being made in less-invasive bypass surgery, which does not require the use of a heart/lung bypass machine. One technique, which may, for certain people, be an alternative to standard coronary artery bypass surgery, involves making a small incision on the left-hand side of the chest, and can be used to bypass one or two vessel. The procedure may be combined with balloon angioplasty.

There are also special techniques designed to immobilize the part of the heart that needs the surgery, making it easier to see and access the coronary artery to be bypassed. This type of surgery is performed through an incision that runs the length of the breastbone.

While these procedures are a long way from being commonplace, findings so far suggest that patients make a speedier recovery with fewer complications such as bleeding, pain and breathing problems. These techniques may offer an earlier return to work and other activities than conventional surgery.

ARE you suffering from late-night insomnia? Constant back pains or a stiff neck? Have you lost or gained weight and are you experiencing problems in your relationship?

These may seem like simple, everyday problems that the average American ignores, but doctors say there's a very good possibility that they are signs of stress.

STRESS

Stress, which is defined as a state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium, can attack the immune system, bloodstream, nervous and limbic system as well as the heart.

With an unstable economy and the necessity of dealing with new forms of racism, stress, sometimes debilitating, has become a major issue in the African-American community, where it is a leading contributor to irritability, nagging pain and some major medical problems.

According to experts, there are three types of

stress—acute, episodic acute and chronic—which affect the body physically, emotionally and psychologically.

Acute stress can cause the entire body to have an immediate reaction and is often linked to a variety of life of situations—an argument, a minor traffic accident or an approaching deadline.

Episodic stress is an extreme form of acute stress related to time management and anxiety.

Chronic stress, aka "long term" stress, affects the entire health system and can lead to degenerative and inflammatory conditions like heart attacks, arteriosclerosis, strokes and cancer, the No. 1 killer in Black America.

Now that it's clear how stress can cause an enormous amount of harm to the human body, what avenues should be chosen to prevent a lengthy pattern of stress?

The American Academy of Family Physicians (AAFP) recommends meditation, daily exercises, well-balanced meals, plenty of rest, exercise, and a more relaxed and conflict-free life.

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ABOUT 18 million Americans have diabetes, and another 41 million people between the age of 40 and 74 (40 percent of U.S. adult population) currently have pre-diabetes, a condition that increases a person's risk of developing diabetes. The new pre-diabetes estimate is more than double the old estimate, and is based on a revised, more accurate definition of a person's normal blood glucose levels.

DIABETES

While diabetes affects African-Americans at twice the rate of Whites, new research points to ways to slow down the progression of diabetes, and to prevent it from occurring altogether. According to medical experts, losing 5 percent of a person's body weight through healthy eating and increased physical activity (as little as 30 minutes a day) can help to prevent the disease, which is linked with heart disease.

Doctors say deaths from heart disease in women with diabetes have increased 23 percent over the past

30 years, compared to a 27 percent decrease in women without diabetes.

Understanding how the insulin gene is regulated and how insulin-producing cells are generated is a promising area of research that could lead to a cure for diabetes, a disease that has tripled among Blacks during the past 30 years. The replacement of beta cells—cells within the islet cells in the pancreas that produce insulin—in an effort to produce sufficient quantities of insulin has shown tremendous progress during the past few years.

"Diabetes is a growing epidemic in our communities, especially for these high risk groups," says Dr. James R. Gavin III, chair of the National Diabetes Education Program and president of Morehouse School of Medicine. "If we are going to make a difference, we need to reach people where they live, work, and play."

According to the National Diabetes Education Program, everyone over age 45 should consult with his or her health care provider about testing for pre-diabetes or diabetes.

STRETCH marks—a "badges of honor" for new and expectant mothers—occur in both men and women and can appear on various areas of the body, including the abdominal area, breasts, thighs, lower back and hips.

Perhaps the greatest news about stretch marks is that African-American women are the least likely group to get them.

Stretch marks (proper term, striae) occur when the elastic middle layer of skin (the dermis) is constantly stretched until it breaks. Stretch marks are rarely painful, although they may cause increased dryness or itching in the affected area, which is why

including zinc, beta carotene and essential fatty acids, so that the skin is supple."

Foods that are main sources of beta-carotene include yellow and green (leafy) vegetables, red peppers, spinach and carrots. Foods that are a good source of zinc include shellfish, meat, cereal products and dairy products.

On the opposite end of the spectrum, caffeine can increase your likelihood of getting stretch marks, so it's a good idea to balance your coffee and tea intake with equal parts water. (See your doctor or nutritionist before making any changes to your diet, especially if you're pregnant.)

Dr. Carlson-Rink also urges expectant mothers to monitor their weight gain—to put on the pounds at a safe pace, and to moisturize the abdomen as much as you like.

"It's vital to have a normal weight gain if you want to [deter the onset of stretch marks] as rapid weight gain does not give your skin any chance to slowly expand," Dr. Carlson-Rink advises. "I have not found creams to make much difference, but the ritual of rubbing your belly is always a great one."

Doctors at the Cleveland Clinic's Department of Plastic Surgery suggest dermabrasion or chemical peel to address unwanted stretch marks. A popular nonsurgical option is cool-beam laser therapy. In this procedure, the skin's surface is cooled and a laser beam is repeatedly directed to the affected area until the stretch mark is "vaporized." Such a procedure can cost anywhere between \$400 and \$1,000, and the end result varies, depending on your age, skin tone and diet.

STRETCH MARKS

for so many years, mothers, aunts and grandmothers have instructed their kin to slather on olive oil, cocoa butter, petroleum jelly and even cooled cooking grease to prevent the condition.

Were they right?

Keeping your skin properly moisturized is always a good thing, according to experts, but the verdict is still out on whether or not these oily rituals will prevent the familiar pattern from appearing. At least one expert says attacking stretch marks should begin from within.

"The most important thing I have found for the prevention of stretch marks is a good diet," explains Dr. Cathy Carlson-Rink, an instructor of obstetrics and pediatrics at the Boucher Institute in Vancouver. "The skin needs key nutrients for its health, in-

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YOU MANAGE YOUR BLOOD SUGAR. WHAT ARE YOU DOING TO HELP PROTECT YOUR HEART?

If you have diabetes, you probably think if you're managing your blood sugar, you're managing all your health risks. Unfortunately, managing your blood sugar may not be enough to help protect your heart. The National Institutes of Health (NIH) states that middle-aged people with type 2 diabetes have the same high risk of having a heart attack as people without diabetes who already have had a heart attack.

The Heart Protection Study by Oxford University, funded in part by Merck, researched ZOCOR. ZOCOR is the first and only cholesterol medication proven to significantly reduce the risk of heart attack and stroke in people with diabetes. Regardless of cholesterol level.

Before the Heart Protection Study was complete, ZOCOR was a time-tested, cholesterol-lowering medication, with over 160 million prescriptions filled in the past 11 years.

If you have diabetes, ask your doctor how ZOCOR, along with a healthy diet, can help protect you. Get information about the Heart Protection Study and ZOCOR at zocor.com or call 1-800-MERCK-75.

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Important considerations: ZOCOR is a prescription medicine and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, anyone with liver problems, and people who are allergic to any ingredients of ZOCOR. Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. Your doctor may do blood tests before and during treatment with ZOCOR to check for liver problems. To avoid serious side effects, discuss with your doctor medicine or food you should avoid while on ZOCOR.

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ZOCOR (SIMVASTATIN)

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USES OF ZOCOR

ZOCOR is a prescription drug that is indicated as an addition to diet for many patients with high cholesterol. For patients at high risk of coronary heart disease (CHD) because of existing heart disease, diabetes, vascular disease, or history of stroke, ZOCOR is indicated along with diet to reduce the risk of death by reducing coronary death; reduce the risk of heart attack and stroke; and reduce the need for revascularization procedures.

WHEN ZOCOR SHOULD NOT BE USED

Some people should not take ZOCOR. Discuss this with your doctor.

ZOCOR should not be used by patients who are allergic to any of its ingredients. In addition to the active ingredient simvastatin, each tablet contains the following inactive ingredients: cellulose, lactose, magnesium stearate, iron oxides, talc, titanium dioxide, and starch. Butylated hydroxyanisole is added as a preservative.

Patients with liver problems: ZOCOR should not be used by patients with active liver disease or repeated blood test results indicating possible liver problems. (See WARNINGS.)

Women who are or may become pregnant: Pregnant women should not take ZOCOR because it may harm the fetus. **Women of childbearing age should not take ZOCOR unless it is highly unlikely they will become pregnant.** If a woman does become pregnant while on ZOCOR, she should stop taking the drug and talk to her doctor at once.

Women who are breast-feeding should not take ZOCOR.

WARNINGS

Muscle: Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with ZOCOR so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR:

- Cyclosporine, itraconazole, ketoconazole, erythromycin, clarithromycin, HIV protease inhibitors, the antidepressant nefazodone, or large quantities of grapefruit juice (>1 quart daily), particularly with higher doses of ZOCOR.
- Gemfibrozil particularly with higher doses of ZOCOR.
- Other lipid lowering drugs (other fibrates or ≤ 1 g/day of niacin) that can cause myopathy when given alone.
- Amiodarone or verapamil with higher doses of ZOCOR.

The risk of muscle breakdown is greater at higher doses of simvastatin.

Because the risk of muscle side effects is greater when ZOCOR is used with the products listed above, the combined use of these products should be avoided unless your doctor determines the benefits are likely to outweigh the increased risks.

The dose of ZOCOR should not exceed 10 mg daily in patients receiving gemfibrozil. The combined use of ZOCOR and gemfibrozil should be avoided, unless your doctor determines that the benefits outweigh the increased risks of muscle problems. Caution should be used when using ZOCOR with other fibrates or niacin because these can cause muscle problems when taken alone.

No more than 10 mg/day of ZOCOR should be taken with cyclosporine.

The combined use of verapamil or amiodarone with doses above ZOCOR 20 mg should be avoided unless your doctor determines the benefits outweigh the increased risk of muscle breakdown.

Your doctor should also carefully monitor for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor also may monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

The risk of muscle breakdown is greater in patients with kidney problems or diabetes.

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Also, since there are no known adverse consequences of briefly stopping therapy with ZOCOR, your doctor should be stopped a few days before elective major surgery and when any major acute medical or surgical condition occurs. Discuss this with your doctor, who can explain these conditions to you.

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes. Patients who had these increases usually had no symptoms. Elevated liver enzymes usually returned to normal levels when therapy with ZOCOR was stopped.

In the ZOCOR Survival Study, the number of patients with more than 1x liver enzyme level elevation to greater than 3 times the normal upper limit was no different between the ZOCOR and placebo groups. Only 6 patients on ZOCOR and 5 on placebo discontinued therapy due to elevated liver enzyme levels. Patients were started on 20 mg of ZOCOR, and one third had their dose raised to 40 mg.

Your doctor should perform routine blood tests to check these enzymes before you start treatment with ZOCOR and thereafter when clinically indicated. Patients titrated to the 80-mg dose should receive an additional test at 3 months and periodically thereafter (eg, semiannually) for the first year of treatment. If your enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication.

Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. ZOCOR should be used with caution in patients who consume large amounts of alcohol.

PRECAUTIONS

Drug Interactions: Because of possible serious drug interactions, it is important to tell your doctor what other drugs you are taking, including those obtained without a prescription. You should also tell other doctors

who are prescribing a new medicine for you that you are taking ZOCOR® (simvastatin). ZOCOR can interact with the following:

- Itraconazole
- Ketoconazole
- Erythromycin
- Clarithromycin
- HIV protease inhibitors
- Nefazodone
- Cyclosporine
- Large quantities of grapefruit juice (>1 quart daily)

The risk of myopathy is also increased by gemfibrozil and to a lesser extent other fibrates and niacin (nicotinic acid) (≥ 1 g/day).

The risk of muscle breakdown is increased with other drugs:

- Amiodarone
- Verapamil

Some patients taking lipid-lowering agents similar to ZOCOR and coumarin anticoagulants (a type of blood thinner) have experienced bleeding and/or increased blood clotting time. Patients taking these medicines should have their blood tested before starting therapy with ZOCOR and should continue to be monitored.

Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility: Like most prescription drugs, ZOCOR was required to be tested on animals before it was marketed for human use. Often these tests were designed to achieve higher drug concentrations than humans achieve at recommended dosing. In some tests, the animals had damage to the nerves in the central nervous system. In studies of mice with high doses of ZOCOR, the likelihood of certain types of cancerous tumors increased. No evidence of mutations or of damage to genetic material has been seen. In 1 study with ZOCOR, there was decreased fertility in male rats.

Pregnancy: Pregnant women should not take ZOCOR because it may harm the fetus.

Infancy: In pregnancy has not been established. In studies with lipid-lowering agents similar to ZOCOR, there have been rare reports of birth defects in the skeleton and digestive system. Therefore, women of childbearing age should not take ZOCOR unless it is highly unlikely they will become pregnant. If a woman does become pregnant while taking ZOCOR, she should stop taking the drug and talk to her doctor at once. The active ingredient of ZOCOR did not cause birth defects in rats at 3 times the human dose or in rabbits at 3 times the human dose.

Nursing Mothers: Drugs taken by nursing mothers may be present in their breast milk. Because of the potential for serious adverse reactions in nursing infants, a woman taking ZOCOR should not breast-feed. (See WHEN ZOCOR SHOULD NOT BE USED.)

Pediatric Use: ZOCOR is not recommended for children or patients under 10 years of age.

Geriatric Use: Higher blood levels of active drug were seen in elderly patients (70–78 years of age) compared with younger patients (18–30 years of age) in 1 study. In other studies, the cholesterol-lowering effects of ZOCOR were at least as great in elderly patients as in younger patients, and there were no overall differences in safety between elderly and younger patients over the 20–80 mg/day dosage range. Of the 7 cases of myopathy/rhabdomyolysis among 10,269 patients on ZOCOR in another study, 4 were aged 65 or more (at baseline), 1 of whom was over 75.

SIDE EFFECTS

Most patients tolerate treatment with ZOCOR well; however, like all prescription drugs, ZOCOR can cause side effects, and some of them can be serious. Side effects that do occur are usually mild and short-lived. Only your doctor can weigh the risks versus the benefits of any prescription drug. In clinical studies with ZOCOR, less than 1.5% of patients dropped out of the studies because of side effects. In 2 large, 5-year studies, patients taking ZOCOR experienced similar side effects to those patients taking placebo (sugar pills). Some of the side effects that have been reported with ZOCOR or related drugs are listed below. This list is not complete. Be sure to ask your doctor about side effects before taking ZOCOR and to discuss any side effects that occur.

Digestive System: Constipation, diarrhea, upset stomach, gas, heartburn, stomach pain/cramps, anorexia, loss of appetite, nausea, inflammation of the pancreas (hepatitis), jaundice, fatty changes in the liver, and rarely, severe liver damage and failure, cirrhosis, and liver cancer.

Muscle, Skeletal: Muscle cramps, aches, pain, and weakness; joint pain; muscle breakdown.

Nervous System: Dizziness, headache, insomnia, tingling, memory loss, damage to nerves causing weakness and/or loss of sensation and/or abnormal sensations, anxiety, depression, tremor, loss of balance, psychic disturbances.

Skin: Rash, itching, hair loss, dryness, nodules, discoloration.

Eyes/Senses: Blurred vision; altered taste sensation; progression of cataracts; eye muscle weakness.

Hypersensitivity (Allergic) Reaction: On rare occasions, a wide variety of symptoms have been reported to occur either alone or together in groups (referred to as a syndrome) that appeared to be based on allergic-type reactions, which may rarely be fatal. These have included 1 or more of the following: a severe generalized reaction that may include shortness of breath, wheezing, digestive symptoms, and low blood pressure; and even shock; an allergic reaction with swelling of the face, lips, tongue, and/or throat with difficulty swallowing or breathing; symptoms mimicking lupus (a disorder in which a person's immune system may attack parts of his or her own body); severe muscle and blood vessel inflammation, sometimes including rash; bruises; various disorders of blood cells (that could result in anemia, infection, or blood clotting problems) or abnormal blood tests; inflamed or painful joints; hives; fatigue and weakness; sensitivity to sunlight; fever, chills, flushing, difficulty breathing; and severe skin disorders that vary from rash to a serious burn-like shedding of skin all over the body, including mucous membranes such as the lining of the mouth.

Other: Loss of sexual desire, breast enlargement, impotence.

Laboratory Tests: Liver function test abnormalities including elevated alkaline phosphatase and bilirubin;

thyroid function test abnormalities.

NOTE: This summary provides important information about ZOCOR. If you would like more information, ask your doctor or pharmacist to let you read the prescribing information and then discuss it with them.



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Z0351182(1)(Y645C)-ZOC-CON

FOR many Sisters, the price of looking cute has become too high to pay. For there is increasing evidence that too-tight braids, ponytails or extensions, bonding glue, chemical relaxers and layering of multiple hair treatments are among the most common reasons for hair loss in African-American women.

The problem affects an estimated 22 million women in the United States, often creating self-esteem issues and causing severe depression.

HAIR LOSS

Three types of hair loss are common in women: androgenetic alopecia (female pattern baldness), alopecia areata and central centrifugal scarring alopecia, sometimes called follicular degeneration syndrome, experts say.

Aside from the hair loss that can be associated with hair-care practices, other causes include genetic predisposition, aging, medications, stress, diet and hormones, according to the U.S. National Library of Medicine and the National Institutes of Health.

Unlike hair loss or baldness in men, expressed in a bald spot or a receding hairline, women often experience thinning hair all over the head or patches

of bald spots. As soon as you or your hairstylist notices thinning hair, you should make an appointment with a dermatologist, who can examine the scalp or perform a skin biopsy to find out what type of hair loss you're experiencing. The dermatologist may also be able to inform you if your hair loss is temporary or permanent.

Treatment depends on the type and the volume of hair loss, doctors say. If your hair loss is based on your hair-care practices, doctors advise that you immediately change those practices, particularly if the hair has been thinning for a long period of time. That may mean adopting a natural hairstyle rather than using chemical relaxers or hot combs.

Doctors can inject topical corticosteroids to treat hair-follicle inflammation. Other treatments include medications such as Minoxidil, estrogen or hormone replacement therapy for hormonal fluctuations, iron, B vitamins and drugs that are classified as anti-androgens.

There are more expensive options, which include wigs, hairpieces (\$1,000 to \$3,500), even hair transplants, which can cost \$3,500 to \$75,000 and can sometimes cause scarring. Consult your doctor before choosing a hair-loss treatment.

MIGRAINE treatment for episodic and chronic migraines has advanced recently, shifting the focus from acute or abortive treatment (taking medicine when the migraine starts) to preventative therapy (taking medication daily to prevent migraine occurrences). Although acute treatment may relieve pain and prevent progression, pre-

ventative therapy may reduce the frequency, severity and duration of an attack.

MIGRAINES

Patients who undergo preventative therapy may also use acute medication in the course of a migraine attack.

For the nearly 30 million Americans who experience migraine headaches, the daily practice of treating a migraine may improve life while preventing medication overuse and reducing health care costs. In the U.S., health care and lost labor costs related to migraines cost Americans \$7 billion annually.

"Migraine treatment has come a long way in the past five years," says Dr. Stephen D. Silberstein, director of the Jefferson Headache Center at Thomas Jefferson University Hospital and professor of neurology at Jefferson Medical College of Thomas Jefferson University in Philadelphia. "Topiramate at 100

mg to 200 mg a day produced a significant decrease in the frequency of migraine attacks and the number of days people experienced migraines," he says. In a recent study, 50 percent of the patients treated with topiramate—a drug previously used for seizures in patients with epilepsy—had a 50 percent reduction in the frequency of migraines.

Some side effects of topiramate therapy for migraines include nausea, depression, fatigue, and nervousness and weight loss. "The problem with treating migraines," Silberstein said in an American Medical Association report, "is we don't know who will respond to what treatment, and a given treatment can take four to six weeks to take effect."

An additional option on the horizon for migraine sufferers is a series of injections with botulinum toxin type A, currently used for dystonia (involuntary movements) and spasticity. Many over-the-counter drugs are useful in alleviating migraine pain including acetaminophen, ibuprofen, naproxen, ketoprofen, or an acetaminophen-aspirin-caffeine combination. But for more severe migraine sufferers, prescription medicines such as ergotamine, dihydroergotamine, sumatriptan, zolmitriptan, naratriptan, rizatriptan, almotriptan and frovatriptan may prove more effective. Consult your doctor before trying new drugs.



DR. DONNA M. MENDES

Pioneer In The Operating Room

Trailblazing vascular surgeon focuses on cardiovascular health

Pioneering surgeon Dr. Donna Mendes, the first African-American female vascular surgeon certified by the American Board of Surgery, poses in operating room at St. Luke's-Roosevelt Hospital in New York.

DONNA M. Mendes never dreamed of being a doctor. As the middle of three children growing up in the one-square-mile Long Island town of Roosevelt, N.Y.—hometown of basketball legend Julius (Dr. J) Erving and comedian Eddie Murphy—she says she never even thought about it. At that time and in that place, little Black girls didn't really dream those kinds of dreams.

That Mendes became a doctor—a surgeon, no less, and the first African-American female vascular surgeon certified by the American Board of Surgery—came down, ultimately, to possibility.

And with that possibility came a passion for Black women's health issues—particularly heart disease. "There was no burning desire. I wasn't running around with a stethoscope listening to my doll's heart," says Dr. Mendes, chief of vascular surgery at St. Luke's-Roosevelt Hospital Center (St. Luke's division) in Manhattan and



assistant clinical professor of surgery at Columbia University. "I didn't set my sights on being a doctor because it just wasn't something I was really exposed to."

That exposure came when Mendes was an undergraduate at

Hofstra University, making A's in classes where pre-medicine students struggled to keep up. At that time, she knew that she wanted to work in a hospital, and chose speech therapy as a way in. But the more Mendes continued to do well

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At St. Luke's-Roosevelt Hospital, Dr. Mendes (above) examines patient Gertrude Parker and (below) looks over a set of films in the operating room.

DR. MENDES *Continued*

in those pre-medicine classes, the more she began to think about what could be.

And with the support of her parents, Benjamin and Bernice Mendes, who now live in Orlando, she made the decision that would change her life. "So, I said to my Dad, 'I think I'm going to go to medical school,'" Mendes says. "And he said, 'OK, babe. That's good.'"

Mendes changed her major to pre-medicine and began looking at medical schools with the help of Beatrice Nivens, who at that time was a counselor at Hofstra. The two have remained friends. Nivens, who now is an author and outplacement specialist, recalls her first impressions of Mendes.

"Right away, I discovered that she was a very talented person, and I thought that she would go very far in her career," says Nivens of Guttenburg, N.J. "She was a very dedicated student who put her studies before anything else. She

had a lot of goals in terms of becoming a doctor, and that was very unusual, particularly for a Black woman at that particular time."

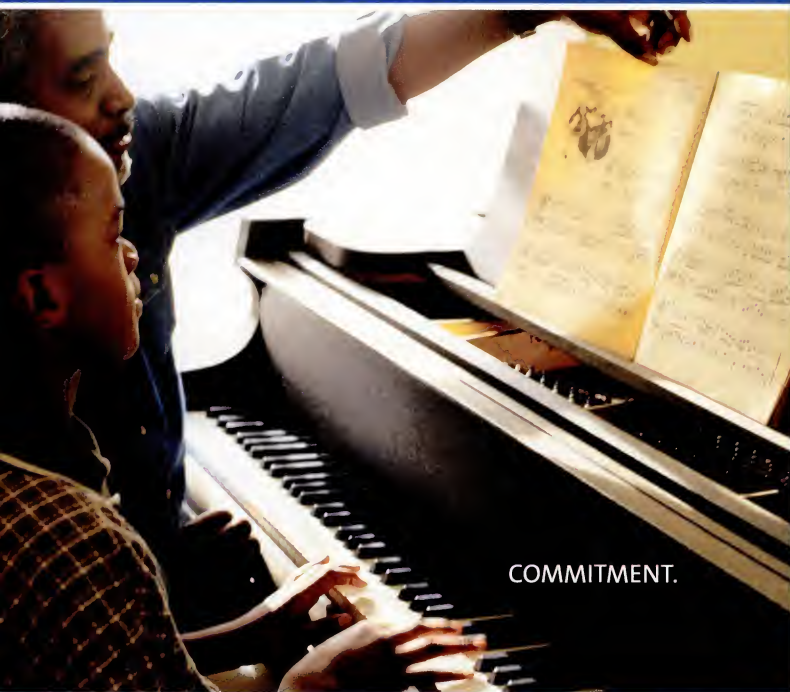


Although, during that time, most African-Americans attended Meharry Medical College in Nashville, Tenn., or Howard University College of Medicine in Washington,

D.C., Mendes says that because she wanted to stay in New York, she applied to and was accepted at Columbia University's College of Physicians and Surgeons. "I will say that it might have been during the time when they [Columbia] were trying to attract more Blacks," says Mendes, who lives in Englewood, N.J., with her husband of 18 years, Ronald LaMotte, an institutional investment and asset advisor. "But we all know that we still had things we had to jump over, so I was very happy to have gotten there."

It was toward the end of her third year of medical school during a surgical rotation that Mendes was encouraged to pursue a career in surgery. She chose peripheral vascular surgery—the "vascular of car-

diovascular," which is the treatment of the vessels that branch out of the heart. Those vessels can be affected by risk factors such as hypertension, high cholesterol, diabetes,



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On the tennis court, Mendes celebrates a winning game with her husband, Ronald E. LaMotte, an investment specialist, and (below) she poses in her office.



DR. MENDES *Continued*

stroke, smoking and a family history, and can become blocked with plaque—the so-called “hardening of the arteries”—which can require bypass surgery.

Mendes says that her father, in

“If you look at our community and the impact of vascular disease... what we’re doing wrong is not realizing that we need to take charge of ourselves.”

particular, always encouraged his children in their choices (sister Sharon Poulson is an event planner and brother Damon is a musician). So she reached for that possibility not knowing that she was leading the way.

“When I decided to do vascular

surgery, I had no idea that I would be the first Black female certified in the country,” Mendes says. “Little did I know that I was trailblazing anything. I was just working.”

In her long career, that work has included a dedication to advancing health care for the often-overlooked populations, particularly Black women. As one of the physicians who participated in the video produced by the Association of Black Cardiologists Center for Women’s Health, *Heart Health for the Generations: A Guide for African-American Women*, Mendes wants to educate the African-American female community about the dangers of heart disease, which is America’s No. 1 killer of women.

Because the death rate from heart disease after heart attack is 69 percent higher in African-American women than in White women, and because some of the risk factors for heart disease—hypertension, diabetes, obesity and lack of exercise—are prevalent among Sisters, she also feels a sense of urgency.

For the most part, Mendes says, we know what must be done to live a more healthful life. We just need to do it. If you’ve got time to get a manicure or pedicure, she says, you’ve got time to exercise and see your doctor. When it comes to heart health, you have to make the time.

“If you look at our community and the impact of vascular disease on it, one wonders why it affects us so hard,” says Mendes, who plays tennis for exercise and fun. “What we’re doing wrong is not realizing that we need to take charge of ourselves.”

—Kimberly Davis

Personal Trainers: Getting Celebrities In Shape

FROM the concert stage to the big screen, some celebrities get rave reviews for the figures they flaunt in movies and on the red carpet. But they aren't born with washboard abs, Tina Turner legs and sculptured backsides.

To get and to keep fabulous figures, many hire personal trainers who specialize in training the stars and keeping them fit. Among the leading celebrity trainers are Darrell Foster, who trains Will Smith and Jada Pinkett Smith, and Orlando Brown, who supervises Kirk Franklin's workouts. All say that training stars is more demanding than training non-celebrities because the celebrities' time is at a premium and everybody can see and comment on the results.

Darrell Foster (Will Smith & Jada Pinkett Smith)

Celebrity trainer and fitness consultant Darrell Foster, who has been involved in boxing since he first entered the ring as a fighter in 1972, uses his extensive knowledge of the sport to train celebrities like Will Smith, Jada Pinkett Smith, Antonio Banderas and Woody Harrelson.

Although he also works with people who are not celebrities, Foster takes his responsibilities as a celebrity fitness trainer seriously. He teaches the actors how to fight, not how to fake it. "They have to learn the basics and how to take a punch," he says. A licens-



On the set of the movie *Ali*, Darrell Foster, who is the personal trainer of Will Smith (c.), helps Muhammad Ali with his gloves.

ed boxing and fitness trainer and emergency medical technician, Foster is the owner of Omega Bodies, Inc., a fitness and fighting outlet based in California. He not

only works with celebrities on coordinating their fight scenes, but also on their lifestyle and weight management, because, he says, "a lot of diseases are

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Inside the ring

Foster helps Smith prepare for his role as Ali in the movie. He has also helped Smith prepare for several of his other movies. Kirk Franklin (below) works out under the watchful eye of his trainer Orlando Brown, who has been a certified personal trainer to the stars for more than nine years.

lifestyle-related."

Actor Will Smith says Foster is an asset to his business team. "I first started training with Darrell to prepare for my role as Muhammad Ali for the film *Ali*," he says. He has continued to use Foster for his other roles in *Men in Black II*, *Bad Boys II* and *I, Robot*. "I train with Darrell because he is

simply the best."

The actor's transformation into a young Muhammad Ali for the film even impressed the champ himself. Muhammad Ali says Foster is extremely talented and an exceptional trainer. "He was able to train Will to fight as I did, to dance around the ring and be light on his toes. Will's transfor-

mation into Muhammad Ali the boxer was total and complete," he adds.

Foster also trained Smith's wife, Jada, for her strenuous fight scenes in *The Matrix* sequels and in the film *Collateral*. He says when training Jada for *The Matrix*, he had to consider her post-partum condition, because she had recently given birth to her daughter Willow. "We had to take the training a little slower," he says. But in her recent film, *Collateral*, he almost had to do a reverse training for her, encouraging her to "consume a few more carbs" and incorporating more cardiovascular fitness into her training regimen.

"Both Jada and Will are real hard workers who will do whatever it takes," he says.

Orlando Brown

(Kirk Franklin)

To obtain the body of gospel sensation Kirk Franklin, you must report to "The Workout." It goes something like this: Monday—shoulders, biceps and triceps; Tuesday—4 miles at 6.5 minutes a mile and rope-jumping at 3-minute intervals; Wednesday—legs; Thursday—same as Tuesday; Friday—chest and back.

The man behind the workout is Orlando Brown, six-year owner of O's Personal Fitness in Fort Worth, Texas, who has been a



certified personal trainer and specialist to the stars for more than nine years.

Brown says celebrities are re-

quired to look and feel their best at any time, even when they are not in their starring roles, and that is reason enough to encour-



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In the gym, Franklin goes through a rigorous workout that's designed to keep him in shape and to increase his endurance for his frequent performances. Brown says his program requires participants to not only exercise their muscles, but to exercise some self-discipline when it comes to eating the right food. They must also understand that working out should be viewed as a permanent lifestyle change. Franklin and Brown (below) discuss the day's workout before beginning a session.



age them to make permanent lifestyle changes.

In dealing with celebrities it is important, Brown says, to assess their individual needs and to create a program that fits their schedules. The program he created for Kirk Franklin is designed to keep him in shape and to build endurance while he is on and off stage.

The program includes at least 15 to 25 reps of weightlifting exercises and daily abdominal exercises on a daily basis. "The weightlifting consists of a lot of repetitions and the cardio training is quite intense. This also helps the endurance and energy level when he performs," Brown says.

Although exercising is one of the most important elements of fitness, stars are also required to eat healthy daily to gain strength and energy.

Brown's programs, like any other trainers' or specialists' programs, require time, energy and self-discipline as it relates to healthy eating habits.

"It does not matter how long it takes to achieve your goals," Brown says, "as long as you cross the finish line." □

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BEAUTY & STYLE

Party Izzazz



Actress **Malinda Williams** of Showtime's *Soul Food* (left) flaunts this turquoise two-piece stunner at a Los Angeles award show. The peekaboo bodice and long-flowing overcoat is the perfect blend of "good girl" meets sexpot. Malinda accents her look with platinum drop earrings and silver shoes.

Actress **Tamara Tunie** turned heads at the American Black Film Festival in Miami. This hot pink chiffon halter dress was hotter than the Florida temperatures. And Tamara's turquoise shawl (in hand) and sea-green earrings added a refreshing splash of blue to her ensemble.

If you're like most Sisters, the moment you get that VIP invite, you race to your closet, swing open its doors and start a one-way debate: Are my hips narrow enough to wear that horizontal striped dress? Or, does that long, black dress make me look like a walking umbrella?

There are other questions: Are my legs long enough to work that midriff with style? Will my stilettos cause me to wobble like a wayward giraffe? Do I have enough cleavage to fill out my new red dress, or are my curves a little too dangerous for the event at hand? The list of what-to-wear worries goes on and on.

While a Brother can throw on a tux and call it a day, any Sister worth an engraved invitation knows that getting dressed for a night on the town is quite different from getting dressed to hang out with friends.

When you're in a socialite mode, the object of the game is not to "look good," but to look your best, and, truth be told, you want your best look to look better than everybody else's best!

So when you raid your closet, favorite stores and even your girlfriends' closets for the perfect look, keep in mind that clothes will not

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Actress **Dawnn Lewis** is red hot in this Asian-inspired red gown. The fire-breathing dragon dominates the front of the gown and can also be seen in her delicate China-red satin sandals.

Singer **Mya** is stylish and sophisticated at a Beverly Hills gala. The singer, who is known to push the envelope with her sexy styles, is striking in a copper shawl over a slinky bronze-colored gown.

Actress **Kimberly Elise** (far right), a co-star in the movie *The Manchurian Candidate*, is a bronzed goddess in this glamorous, shimmering full-length gown. Her tiny gold clutch is subtle but manages not to get overpowered by the gown's dominant orange and green hues.

BEAUTY & STYLE

make the woman; they can only enhance your star personality.

Although you may not be able to borrow your favorite celebrity's wardrobe stylist, you can definitely borrow the movie star's mantra:

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- And when the paparazzi come clicking, don't be shy!

Here, a few celebs showcase their After-5 looks at various Hollywood parties, proving that looking picture-perfect isn't too hard to do.





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EBONY Celebrity Beauty Of The Month



As the host of Lifetime TV's popular make-over show *Head To Toe*, **TANIKA RAY** knows a little bit about what makes women look and feel their best. She believes daily pampering is an excellent way to nurture the body and the soul. "I think it's important to dedicate time to yourself each day. My time in the shower is when I take care of myself by exfoliating dead skin cells daily. I have all the ingredients for an at-home spa—exfoliating gloves, body washes in various scents to cater to my mood and sugar scrubs."

Pamper your skin with Fashion Fair's Body Wash and Body Polisher, and Palmer's Cocoa Butter Formula Moisturizing Body Oil.

BEAUTY & STYLE

India.Arie follows her own rules when it comes to fashion, and she's been known to steal the show. At right, she wears a crushed orange floor-length dress with rainbow-length shoes and multicolored bangles. Her huge shell earrings add a perfect touch to her close-cropped hairstyle.



Eve is sporty and sophisticated at a recent fashion awards show. The Native American-inspired gown incorporates earth tones, blue skies and even feathers.



Patti LaBelle personifies sass in this platinum and gray, shingled mini-dress. Her equally flamboyant chandelier earrings (and the tiny diamond bonded to her forehead) show the world just how sexy and spontaneous 60 can be!



Supermodel **Naomi Campbell** turns any street into a catwalk in this flirty ivory midriff dress. The plunging neckline (a very sexy look for smaller figures) is accented with long, thin platinum necklaces. Passersby were sure to get a kick out of her old-school glamour—huge shades and feathered sandals.

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A return to Tradition



Will Smith and Jay-Z, central figures in the world of hip-hop, are among an influential group who more frequently are opting for more conservative, classic styles instead of the loose-fitting, less formal outfits that have become synonymous with hip-hoppers.

EVEN though the "casual look" continues to flourish, in recent months, more and more celebrity-types have been opting to step out in the classic, dressy styles that are reminiscent of a time when the ultimate compliment was the recognition by peers that a Brother was "clean."

It appears that the memorable era when traditional styling reigned is returning, and many of those who are choosing custom-made suits, ties, shirts and silk pocket squares are the same ones who took "casual" to a new level—those in the

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MANstyle

hip-hop generation.

From Will Smith to David Banner to Big Boi of Outkast, the look is becoming more traditional, even though the oversized, baggy style hasn't been totally abandoned. It is clear that they are among a select group who are at the forefront of establishing trends in style and fashion, but it remains to be seen just how many more Brothers who are devoted to the casual look will eventually embrace this apparent return to the traditional.



Denzel Washington, known for his classic style, usually chooses more traditional attire when he appears in the spotlight. Rapper/producer David Banner (above) makes a different kind of fashion statement in an off-white linen suit that's accentuated with matching shirt and tie and two-tone shoes. At right, actor Carl Anthony Payne II completes his pinstriped suit combination with wingtip shoes, sunglasses and a fashionable hat.





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Actor Obba Babatundé and entertainer Brian McKnight (right) exhibit the kind of verve and panache that is associated with the well-dressed man. Babatundé, who co-stars in TV's *Half & Half*, opts for the classic three-button suit, and McKnight, an internationally recognized singer and American Music Award winner, is more casual in a two-button suit and open-collar shirt.



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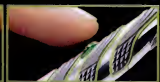
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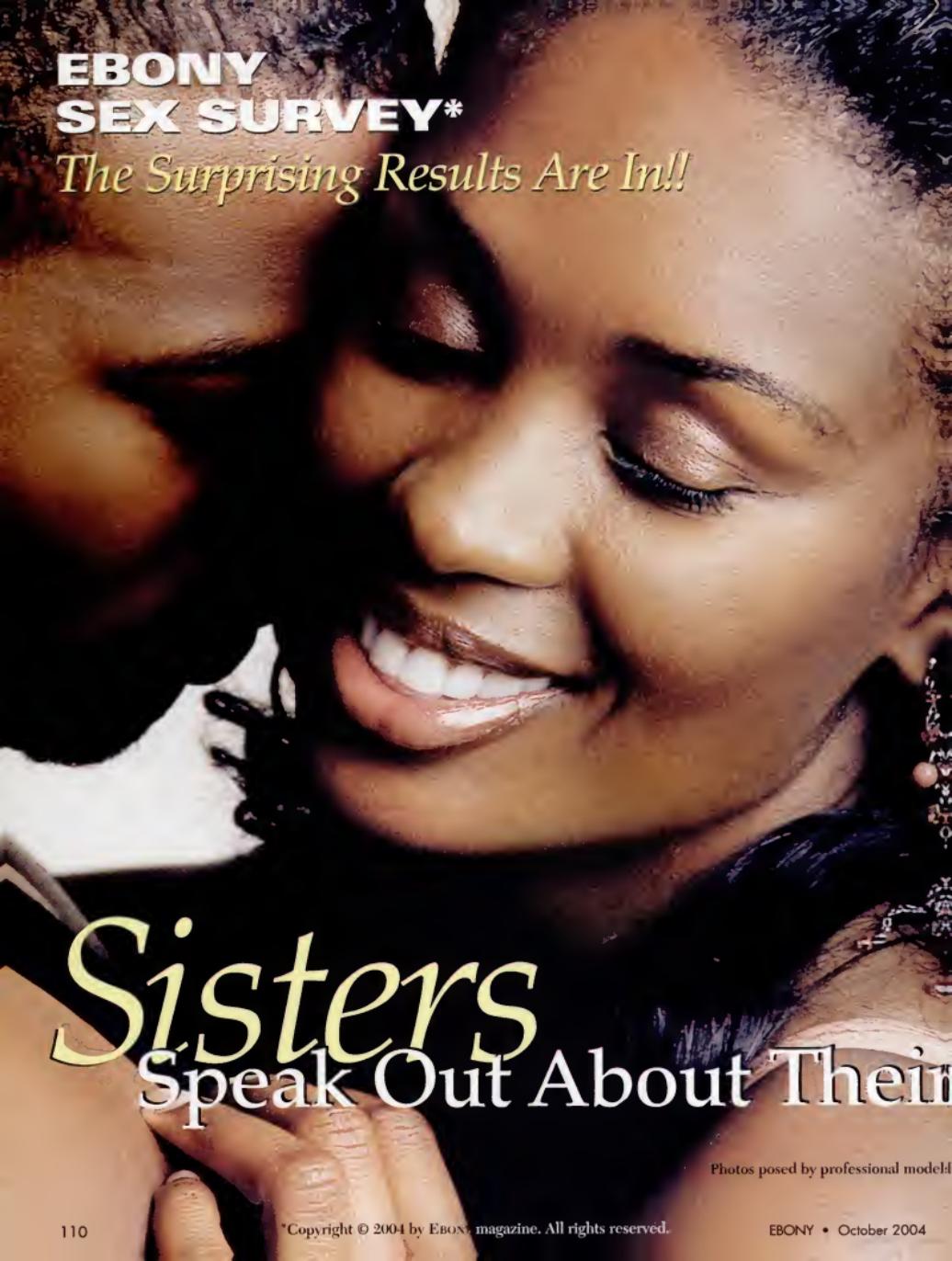
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EBONY
SEX SURVEY*

The Surprising Results Are In!!

Sisters
Speak Out About Their

Photos posed by professional models

THE results are in and 8,000 African-American women have spoken out about their sexuality. Not only have you responded to the EBONY Survey on the Sexual Behavior of African-American Women, but you also have sent letters and shared your personal stories. The incredible response to the EBONY survey reflects the need we felt our community has—the need for a forum to discuss women's sexuality issues and the need to receive important and relevant information that is not readily available elsewhere.

As EBONY Managing Editor Lynn Norment has said in previous issues, "EBONY decided to do the sexuality survey because we get so many letters and questions from our female readers concerning sex and sexuality issues. We want to shed some light on the subject and help Black women to understand that they are not alone in dealing with their personal problems, that there are others with similar problems, and most importantly, there is help."

Here is a summary of the results of the survey. For a detailed breakdown on who answered the questions and how they answered them, please go to www.ebony.com and click on the sex survey button.

SEXUAL SATISFACTION

So are you satisfied with your sex life? Sixteen percent of you are completely satisfied! However, 27 percent of you are only somewhat satisfied and 32 percent acknowledge some level of dissatisfaction. So what is happening? Forty-two percent are having sex once a week or more, and 23 percent are having sex two or three times a month. However, the majority (58 percent) of you would like to engage in sex once a week, and 32 percent say you would like to have sex daily! And, yes, over half of you (51 percent) stated that size can matter, but it depends on the skill of your partner; however, 27 percent of you stated that no matter the skill, size undeniably matters. When asked about your libido compared to your partner's libido, 43 percent of respondents say you have a high libido and 50 percent indicate that your partners have high libidos. On the other hand, 41 percent of you indicated that you have "average but not exceptional" libido, while 33 percent say your partner's libido is "average but not exceptional." Fifty-six percent of you did say you'd like more foreplay and touching before and during intercourse.

When having sex, however, orgasms appear to be a hit-or-miss situation. Black women are experiencing orgasms "sometimes" (26 percent) to "very often" (22 percent) with 8 percent of you reporting that you are not experiencing orgasms at all. The preferred method for



Sexuality

(Are You Really Being Satisfied?)

achieving orgasm is through oral stimulation (40 percent), with penile penetration (33 percent) a close second and manual stimulation (19 percent) third. The good old missionary position (man on top) is the favored sex position (35 percent), with rear vaginal entry second (32 percent) and woman on

top third. Even though there are favored activities and positions, problems with sexual functioning was a reality in the lives of most of those who responded to the survey.

When asked if you had difficulty in achieving orgasm while engaging in sexual activity in the last year, 34 percent answered "yes." While 43 percent said that their libido was high, when asked whether in the last year they experienced a lack of sexual interest or sexual thoughts, 30 percent answered "yes."

A large number of the survey participants endorsed using sexual aids such as books and videos (48 percent), vibrators (42 percent), dildos (26 percent) and blindfolds/handcuffs (33 percent). Food play is also big among the respondents (45 percent).

How satisfied are you with your sex life?

Completely satisfied	15.77%
Mostly satisfied	25.42%
Somewhat satisfied	26.85%
Somewhat dissatisfied	13.62%
Mostly dissatisfied	9.09%
Completely dissatisfied	9.25%



CHEATING AND SAFER SEX

A still surprising result from the EBONY Women's Sexuality Survey is the number of Black women who never "practice safe/protected sex because they are in a monogamous relationship" (30 percent). Yet a large number of you (49 percent) are very concerned about men on the "down low." So, ladies, what is stopping you from taking care of yourselves, considering a number of you (16 percent) have or have had an STD and/or are living with HIV/AIDS? Unfortunately, new HIV infections are continuing to rise in the African-American female population at alarming rates. When asked about your feelings on cheating, 52 percent stated that it depends on the circumstances and 39 percent of you stated that you would end the relationship no matter the circumstances. An interesting finding was that 44 percent of you have cheated on your partners because: 1) your emotional needs weren't being met, or 2) because it "just happened."

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WHAT'S IMPORTANT TO YOU IN SELECTING A PARTNER?

According to the women who responded to the EBONY survey, personality was the most important factor in selecting a romantic partner. The respondents were asked to select the three most important factors, and 89 percent chose "personality," while 66 percent indicated "personal hygiene," 52.95 percent indicated "physical features" and 26 percent said that "profession/job" was important. A majority of the respondents (80 percent) say they prefer a partner who is African-American, while 16 percent say they "date people of all ethnicities."

WHO ANSWERED THE SURVEY?

The majority of the 8,000 women who responded to the survey say they are heterosexual (93 percent), single (50 percent) and between the ages of 21 and 39 years old (76 percent). Lesbian, bisexual and transgendered women also answered the survey—2 percent, 5 percent, and 1 percent respectively, which is a wonderful sur-

How often would you like to have sex?

Daily	32.01%
Once a week or more	58.04%
Once a month	1.79%
Two or three times a month	6.22%
Once or twice a year	0.44%
Less than once a year	0.18%
Not at all	1.32%



prise. Too often, this part of our community is neglected, which is why it was so important to give you a voice in this survey.

HOW DID YOU LEARN ABOUT SEX?

For the majority of African-American women who responded to the survey, the first information they received about sex was straight-up birds-and-bees facts (47 percent), whereas 30 percent received the message that sex was a positive and healthy experience. This result was encouraging because in other surveys, the first information about sex was laced with negativity, or no information at all was given.

The positive message about sex reported by the EBONY respondents could be due to the age-range of women

Does size matter?

Yes	26.90%
It can, but it depends on how skilled my partner is	51.17%
Sometimes it matters, sometimes it doesn't	12.66%
No, size does not matter	9.25%

who answered the survey. Since the respondents are relatively young (43 percent were age 21 to 29, and 34 percent were age 30 to 39), they have grown up in a more sexually open society. In addition, HIV/AIDS has kept the topic of sex in the news and on the minds of women in general.

What was not surprising was that 31 percent of the women who responded first learned about sex from their friends, and 19 percent actually received their first sex information from "sexual experimentation." These numbers reflect the fact that information about sex, unfortunately, is not coming from the parents. The age of first consensual sexual intercourse was 11-16 years of age for 49 percent of respondents, while 37 percent of them said they first engaged in sexual intercourse a little later, between age 17 and 19. If 19 percent of the respondents used sexual experimentation to find out what all the hype is about, then the young age of first intercourse is not surprising. Unfortunately, the national average for first-time intercourse among our youth has gotten even younger—8 to 11 years of age. So, parents, you must talk with your children about sex.

HISTORY OF SEXUAL ABUSE

The survey asked questions concerning whether respondents had experienced an early history of inappropriate touching or forced sex before the age of 18. Regrettably, 37 percent reported experiencing some form of sexual abuse, with 4 percent not being sure if what they experienced would fall into this category. Respondents reported that sexual abuse was perpetrated by an extended family member (13 percent), immediate family member (13 percent), or a family friend (11



Have you ever cheated on your partner?

Yes	44.23%
No	41.47%
I've considered it, but did not	14.29%

percent). The abuse occurred between the ages of age 6 and 11. In addition, 20 percent of you have been sexually abused or assaulted as adults. All too often this issue is swept under the carpet in our community; the statistics show that women of color are slightly more likely to be sexually assaulted than their White counterparts. Perhaps, for a number of you who answered this question, this was the first time that you actually truly thought about your early or recent abuse or even gave validation to yourself that indeed it did happen.



Dr. Hope Ashby, a psychotherapist in New York who specializes in women's sexuality issues and who helped to develop the survey, says the results from the groundbreaking poll indicate that many women share some of the same sex-related problems.

COMMUNICATION OF HEALTH ISSUES

Of the survey respondents, 47 percent say they have not discussed these sexual issues or problems with their doctor because 15 percent of you thought that what you were experiencing was

normal; that is the same reason you gave for not talking about these issues with your partners. Communication is very important, whether it is with your partner or with your doctor. It is crucial that if you do not feel comfortable with your doctor, then you should find someone with whom you are comfortable so that you can take an active role in your health care. This is especially important considering that a number of survey respondents have experienced not only these sexual concerns but other health issues, including high blood pressure (18 percent), STDs/HIV-AIDS (16 percent), fibroids (16 percent), depression (14 percent) and a problem pregnancy/miscarriage (14 percent).

It is clear from the responses to the EBONY Survey on the Sexuality of Black Women that the topic of female sexuality is an important one; and to continue this thought-provoking conversation, future articles will focus on specific aspects of this survey.


For a detailed breakdown on the responses to the EBONY survey on Black women, please check EBONY's Web site at www.ebony.com.

Do you practice safe/protected sex?

All the time	25.24%
Sometimes	31.20%
Seldom	4.59%
Never	2.94%
Never, I'm in a monogamous relationship	29.73%
Not applicable	6.21%

THE 2004 TV SEASON

New Shows, New Faces, New Directions



The cast of *Second Time Around* (UPN) features real-life couple Nicole Parker and Boris Kodjoe. Blair Underwood (right) is charged with overseeing an airport terminal in LAX on NBC.



THERE'S a whole lot of drama going on in network television, and we're not talking about the soaps. There are three major battles going on behind the small screen—reality TV wars, ratings system wars and the 5-year-long battle for boardroom inclusion and on-air diversity.

But in the midst of all the brawling, some fresh new shows have been added to the fall lineup—and, as usual, some old favorites have been kicked off.

Here's a rundown of what's really been going on in network television.

ISSUE NO. 1: ARE WE MAKING PROGRESS?

Diversity has been a fighting word ever since the big four networks—ABC, CBS, NBC and Fox—rolled out a lily-white prime-time lineup back in 1999. Since then the networks have promised to add more minorities to prime-time shows and to the rank-and-file of its television executives.

And based on the networks' new offerings, things are looking better for African-Americans in front of the cameras.

When it comes to the number of Black-oriented shows on the prime-time schedule, nothing has changed—we lost one; we gained one. Last year, the big four networks offered one Black-oriented show, *Whoopi* (on NBC), which has since been cancelled. This year, Fox's *Method & Red*, a successful mid-summer release about two hip-hop moguls who stir up trouble and laughs in their quiet suburban neighborhood, is on the prime-time roster.

There is some progress to report concerning the number of shows with Blacks in leading or recurring roles.

Last year, the big four networks offered six new shows featuring Black actors in leading or recurring roles; this year, the offerings have doubled, with 12 such shows coming to television this fall.

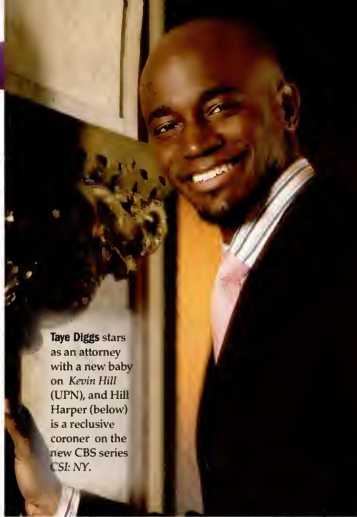
■ New Shows

On ABC, Malcolm David Kelley and Harold Perrineau are among a group of airplane passengers who are stranded on an island in the riveting series *Lost*. On the new drama *Eyes*, Garcelle Beauvais-Nilon (also seen on *NYPD Blue*) and Rick Worthy are private eyes who will do whatever it takes to make their clients' problems disappear; and James Pickens Jr., Isaiah Washington and Chandra Wilson are doctors-in-training at the nation's toughest surgical residency program in the drama *Grey's Anatomy*.

On CBS, a team of crime-solving forensic scientists takes on the Big Apple in *CSI: NY*, one of the most anticipated new series for the network, co-starring Hill Harper; and Malcolm-Jamal Warner is a former football player-turned-sports-show-host on the new sitcom *Listen Up*.

NBC: The talented Blair Underwood runs a terminal in turbulent times in the new drama named after the bustling Los Angeles International Airport, *LAX*; boxing great Sugar Ray Leonard teams with superstar Sylvester Stallone to find the next boxing superstar on *The Contender*; Orlando Jones lends his voice to the animated series *Father of the Pride*; Troy Winbush is an intense medical inspector on the new drama *Medical Investigation*; and Honolulu's Metro Police Department sets the scene in the new action-packed drama *Hawaii*, starring Sharif Atkins.

Fox: Omar Epps joins a brilliant team of doctors attempting to stave off a mad



Taye Diggs stars as an attorney with a new baby on *Kevin Hill* (UPN), and Hill Harper (below) is a reclusive coroner on the new CBS series *CSI: NY*.





Prime-time lineup includes Harold Perrineau and Malcolm David Kelley (top left) on *Lost* (ABC); Troy Winbush (top) on *Medical Investigation* (NBC); Omar Epps (above) on *House* (Fox); and Merrin Dungey (left) on the WB's *Summerland*.

■ UPN & The WB

UPN and the WB have stirred the pot this season with their new and returning shows.

On UPN, Taye Diggs is a hotshot attorney who's forced into sudden fatherhood in the drama *Kevin Hill*; and real-life couple Boris Kodjoe and Nicole Ari Parker are giving love a second chance in *Second Time Around*. Returning favorites include *All of Us*; *Girlfriends*; *Half & Half* and the *America's Top Model* franchise.

Comedian Gary Anthony Williams portrays himself on The WB's new sitcom *Blue Collar TV*, a show that spotlights stand-up comics as they discuss their views on everyday life. Returning are *Steve Harvey's Big Time*; and Dorian Gregory returns to protect three good witches on *Charmed*.

■ Cable

This season, some big-screen names are involved in a host of groundbreaking shows on cable television.

On HBO, Halle Berry produces an all-star cast in *Lackawanna Blues*, a film that looks at the lives of African-Americans in the period just before desegregation. It features Macy Gray, Carmen Ejogo, Terrence Howard, Delroy Lindo, S. Epatha Merkerson, Henry Simmons, Jeffery Wright, Louis Gossett Jr. and several other notable stars.

Showtime: *The Dave Chapelle Comedy Special*, taped live from San Francisco, is sure to get some laughs; and the gritty and suspenseful series *The Wire* has returned.

The N! Network, the new Viacom network for 'tweens and teens, are presenting *Miracle's Boys*, a teen drama that follows the life of three orphaned Harlem brothers. Essie Chambers, executive director of development for the N! network, delivers some heavy talent. The series, shot entirely in Harlem, was produced by Tonya Lewis Lee and directed by her husband, Spike Lee, and others.

On PBS, *The Making of America*, narrated by Morgan Freeman, promises to tell the "full story" of American slavery; *Unforgivable Blackness: The Rise & Fall of Jack Johnson* chronicles the life of the first African-American heavyweight champion; astrophysicist Neil deGrasse Tyson searches for the recipes for life in *Origins*, a Nova Presentation; and Tavis Smiley returns to his late-night forum filled with news, issues and entertainment.

There are some new additions to established shows on Lifetime. Vivica A. Fox portrays special agent Nicole Scott on *Missing*; twin Tamera Mowry joins the cast of *Strong Medicine*; and Loretta Devine stars as M. Pearl McGuire, the

scientist in the new one-hour drama *House*; and some feisty boxers will duke it out on the new reality series *The Next Great Champ*.

Several of your favorite shows with Blacks in leading and recurring roles will also return to the small screen this fall.

On ABC, *Alias*, *My Wife and Kids*, *NYPD Blue* and *Less Than Perfect* are back. On CBS, *CSI: Miami*, *Judging Amy*, *CSI: Crime Scene Investigation* and *Cold Case* have returned. **On NBC**, *Las Vegas*, *Scrubs*, *Law & Order: SVU*, *Law & Order*, *ER*, and *Third Watch* are back; and on **Fox**, *The Bernie Mac Show* and *Malcolm in the Middle* have returned. (See the Prime-Time Guide on page 132 for details.)

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*For thine is the kingdom,
the power and the glory...
forever and ever.
Amen.*

*The Lord
is my
shepherd*

FOOTPRINTS

One night a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonged to him, and the other to the LORD.

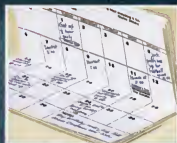
When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

The LORD replied, "My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

*God grant me the security
To accept the things
I cannot change.*

*Courage to change the things I can
And the wisdom to know the
difference.*

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JOHNATHAN RODGERS

President
& CEO
of TVOne

Changing The Face Of Network Television



JOHNATHAN RODGERS, president and CEO of TVOne, wants to deliver exciting programming that will distinguish itself from the tired clichés that have dominated prime-time television for decades. "I want TVOne to be a television home base for African-American adults," he says. "I want this to be a network where you can find positive, informative programming that is not only about you, but is also about subjects that interest you and are produced by people who are just like you."

Rodgers values the African-American experience and perspective that TVOne will bring to its characters and shows. "We see African-Americans fulfilling all the roles of all the programs both positive and negative, but when we portray African-Americans, we avoid stereotypes, we avoid the lowest common denominator," he explains. "We show the full breadth and vitality of our culture as opposed to narrowing it down to a stereotypical view of who we are as a people."

Rodgers' track record in the TV industry includes a successful stint at the Discovery Networks' Discovery Channel, where the launching of several successful shows, including *Animal Planet* and *Trading Species*, led to 11 prime-time Emmy Awards and stellar ratings.

Prior to joining Discovery Networks, Rodgers had a successful 20-year career with CBS Inc. where he held various executive positions. He attributes his success in network television to a programming formula that includes giving the people what they want, and giving an audience what it has been missing.

And today he's eager to spread the news about TVOne's new prime-time lineup.

"One of the shows that I'm most proud of is a dating show called *Get the Hook Up*," he beams. "It's a show where Black women win. Black women will always get the date on this show. You watch shows like *The Bachelor* and you see us on at the beginning of the show, but you know that we're going to be voted off before the commercial comes on. But this time, we win. I love that!"

Other highlights of TVOne's fall schedule include *Makeover Manor*, a makeover show geared for African-American women; *Celebrity Bid Whist*, TVOne's answer to the popular *Celebrity Poker* reality show, and *Divine Restoration*, where TVOne rebuilds small churches and tells the history of that church and its perishers.

Rodgers (married to TV producer Royal Kennedy) is confident that TVOne will be No. 1 with African-Americans. ■

THE 2004 TV SEASON



Returning stars include Gary Dourdan on *CSI: Crime Scene Investigation* (CBS); Carl Lumbly on *Alias* (ABC); LisaRaye, Duane Martin, Elise Neal, Khamani Griffin and Tony Rock on *All of Us* (UPN); Garcelle Beauvais-Nilon on *Eyes* (ABC) and Khandi Alexander on *CSI: Miami* (CBS).

supervisor of a fraud investigative team in *Wild Card*.

THE VERDICT

It appears that an exciting and diversified prime-time season is on the horizon this fall, but behind the cameras, specifically in the director's chair, network TV appears to be fading to White.

According to a recent study by the Directors Guild of America, 86 percent of network television directors are White men, and only 6 percent of network television directors are Black (males and females combined).

ISSUE NO. 2: 'DON'T COUNT US OUT'

Nielsen Media Research (founders of the Nielsen's ratings, the



When the Creagers' air bags deployed, they learned how quickly OnStar receives a signal and calls for emergency services.

“Out of nowhere, there was a voice and she said help was on the way.”

In the moments after the crash, Michelle Creager heard two scared little voices. And one reassuring one.

On their way to the babysitter's, the Creagers' minivan hit a slick spot on a two-lane highway, plunged down an embankment and slammed into a tree, deploying the air bags and landing in a steep ditch filled with water.

Critically injured, Michelle drifted in and out of consciousness. Four-year-old Evan was still inside the vehicle, while two-year-old Jacob got out of his child safety seat and was crawling through the ditch.



Every month, OnStar helps about 675 subscribers whose air bags have deployed.



OnStar assists in over 11,000 emergencies per month.



OnStar performs about 20,000 GM® Goodwrench® remote diagnostic tests monthly.



Every month, OnStar sends a signal to unlock 34,000 subscribers' doors.



Subscribers make over 5.5 million calls a month with OnStar Personal Calling (a hands-free phone built into your vehicle).

Calculated estimates based on OnStar monthly averages (April–June, 2004).

"OnStar knew exactly where I was."

Fortunately, the Creagers' Pontiac Montana was equipped with OnStar. When its air bags went off, it sent a signal to the OnStar Call Center. A highly trained OnStar Advisor received Michelle's name, vehicle description and location on a computer screen (using Global Positioning System satellites), as well as contact information for the nearest emergency services.

Within seconds, the Advisor attempted to contact the Creagers, her voice coming through the vehicle's stereo speakers. When the Advisor heard only children crying, she quickly contacted local authorities and stayed on the line until help arrived.

"She heard my son's cry for help."

"I remember waking up and trying

to respond to the Advisor," Michelle recalls. "She was excellent. And hearing her voice helped my little boy. Even though I couldn't talk to him, he knew someone could hear him calling for help."

Assistance arrived quickly. Everyone was transported to a nearby hospital, where the children were released later that day. Michelle was hospitalized for a week but has now recovered.

A rescuer later told Michelle that OnStar's ability to locate their vehicle and call the closest emergency providers brought them help at least 10 minutes sooner. "The response time was critical."

"My cell phone was in the ditch."

Michelle thought she was prepared for anything because she had her cell phone. "But there was no way I could have gotten to it. It had

In the "golden hour," every minute counts.

"The more rapidly we get the patient to the hospital, the better the chance of treating their injuries," says Stephen M. Cohn, M.D., chief of Trauma and Surgical Critical Care Divisions, University of Miami.

The 60-minute period following a crash is so critical that emergency crews refer to it as the "golden hour," Cohn says. "We have the best chance of saving their lives within that golden hour."

Today, more than 2 million vehicles have OnStar service, which automatically contacts OnStar if the air bags deploy, provides the vehicle's location and contacts help for victims as fast as possible.

"Ultimately, I would like to see all vehicles equipped with these devices," Cohn notes.



flown out of the car," she says. "A lot of people feel that a cell phone is their safety net. But you can't predict that you'll be coherent enough or physically able to get to your cell phone."

"OnStar looked out for us."

"We were very fortunate that someone was looking out for us," says Michelle's husband, Chad. "It could have turned

out a lot differently. It could have been awful. I think about it a lot, like every morning at 6:30. I could be sitting alone in this house. If it was up to me, every automaker would provide OnStar."

With their minivan totaled, the Creagers replaced it with another GM vehicle. And of course it has OnStar. "I won't have a vehicle without it," she says.



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Chevy TrailBlazer LT pictured

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- **Air Bags**
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- **Safety Cage**
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AFTER

GM leads the way in helping to get the right kind of assistance to injured motorists after a collision.

- **OnStar by GM**
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- **Advanced Automatic Crash Notification**
AACN automatically notifies OnStar and provides crash information following collisions. AACN uses additional sensors to detect rear and side impacts even if the air bags do not deploy (available on 12 2005 GM models).



OnStar is available on over 50 GM models; some with an MSRP around \$16,000.

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After the first year, the Safe & Sound™ Plan costs just \$16.95† a month.

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Corvette	Tahoe	Montana	Rainier	Escalade EXT	Savana			
Equinox	TrailBlazer	Montana SV6	Rendezvous	SRX	Sierra			
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Other returning favorites include *The Bernie Mac Show* (Fox); Courtney B. Vance on *Law & Order Criminal Intent* (NBC); *Steve Harvey Presents* on The WB; and the *Girlfriends* are still heating things up on UPN.

statistical bible of who is watching what) wants to implement a new high-tech system to measure local audiences by implementing electronic devices referred to as "people meters." (The current system involves television boxes and selected viewers keeping written diaries.) In a released statement, the company argues that the new system would provide more accurate data.

But television critics, including the News Corporation and the watchdog group Don't Count Me Out, have warned that the new system would undercut Black and Hispanic households. In one study, Black viewership reportedly dropped over 30 percent under the new data collection method when compared with the older system.

If their fears are true, being undercounted could produce a damning domino effect on the look of prime-time television.

For instance, lower television ratings from Blacks and Hispanics, could mean lower advertising revenue for the network. Lower advertising revenue, could mean reluctance for the network to renew, develop, market and advertise on programs geared for Blacks and Hispanics.

And at the tail end of this domino effect is



ROBERT TOWNSEND

President of
The Black
Family Channel

Bringing Black Talent To The Forefront



THE 2004 TV SEASON

As a comedian, actor, producer, writer, movie star and star maker, Robert Townsend has just about done it all. And now as the new president of the MBC Network's new cable television station, the Black Family Channel, the talented Mr. Townsend is ready to do more.

In the process of entertaining the masses, Townsend has discovered quite a few talents as well, including Dave Cheppelle, Chris Tucker and Damon Wayans. Recently, he conducted a cross-country talent hunt for fresh faces to add in front of the cameras and behind-the-scenes of the new Black Family Channel.

"We've seen actors, actresses, spoken-word artists, writers, directors; everyone has come through the door," Townsend says in a mixed display of total exhaustion and sheer excitement. "I'm creating something totally different that has never been done before on television, but it's time. I'm just taking a page from what Berry Gordy did with Motown ... and now I'm the first one to do this on television."

Approximately 200 talented discoveries will help Townsend's vision of what he hopes the Black Family Channel is to become—a one-stop-shop of entertainment for the entire Black family. "There is something for the kids, teenagers adults and senior citizens," he says.

The Black Family Channel's current lineup appears to be on the right track in terms of diversified programming, including a special show on schedule for the hard-to-please at-risk teenager. "*Thug Angelz* is a one-hour drama about the guardian angels for drug dealers and the mafia and how they try to turn them to God," he says. "The show is best described as *Touched By An Angel* meets *The Sopranos*. We're trying to reach those kids out there who are watching nothing but music videos and don't have any alternative [programming] for their spiritual growth. So with *Thug Angelz*, the storyline is going to be really edgy, but it will have a real strong moral and spiritual overtone."

Although Townsend believes that network TV is making some progress in terms of its programming and profiling of African-Americans in prime-time television, he adds there is room for improvement and that he's ready to do the work.

"Now that I'm running a network," he says, "I'm going to put images out there with people of color on a new level."



Aisha Davis is entertainment co-anchor on *E! News Live*; Vivica A. Fox joins the cast of *Missing* (Lifetime); and *The Dave Chappelle Comedy Special* is making an appearance on Showtime.



the diversity debate. As they say, the only color that really matters in Hollywood is green, and if a show is dying in the ratings, then it's not bringing in the advertising revenue and it will be cancelled, no matter how diverse it is.

The Verdict

The verdict is still out on this debate. Congress will have open hearings on the matter and Nielsen has appointed a panel of prominent community and industry leaders, in consultation with Congressman Charles B. Rangel, to help ensure "that its national and local samples are representative of the diverse TV viewing audience, especially people of color."

ISSUE NO. 3: IS REALITY TV KILLING OFF SCRIPTED SHOWS

Blacks are making waves on virtually every television network—falling in love on dating shows, winning record deals on talent shows, earning bragging rights on daredevil action shows, strutting their stuff on modeling shows and even getting hired and fired on a high-stakes employment show. But is the unprecedented popularity of *The Apprentice*'s Kwame and Omarosa, or *American Idol*'s Ruben Studdard and Fantasia, or Tyra's gorgeous crew of *America's Next Top Model* really to blame for the untimely demise of a number of traditional scripted shows?

"I do think that in some corners in Hollywood reality television is perceived as a threat," explains Alisha Davis, co-anchor of the cable entertainment news show, *E! News Live*. "And the reality is that there are fewer writing jobs because you don't need writers for the reality shows. So it does have an impact, but obviously scripted programming is here to stay, and the two are co-existing right now."

Strong scripted shows, such as the *Law & Order* and *CSI* franchises are definitely doing well. But overall, as ratings for many reality television shows soared to new heights, the ratings for many scripted shows delved to new lows, and a bevy of last season's shows—many featuring African-American actors—have been cancelled.

The Verdict

Only time will tell if reality television is a passing fancy or a dominant new genre to be reckoned with. What's clear, however, is that the genre has reeled in massive audiences on minimal budgets—an average scripted drama could cost up to \$2 million per episode to produce, whereas a hit reality show can cost about \$500,000 per episode to produce—and such savings have executives scrambling to produce the next boldest, strangest, craziest, sexiest and zaniest show to keep them laughing all the way to the bank.

—Zondra Hughes



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HBO

SUNDAY

- 8:00 p.m.**
 • **COLD CASE (CBS)**
 Thom Barry
- 8:00 p.m.**
 • **CHARMED (THE WB)**
 Dorian Gregory
- 9:00 p.m.**
 • **LAW & ORDER: CRIMINAL INTENT (NBC)**
 Courtney B. Vance
- 9:00 p.m.**
 • **MALCOLM IN THE MIDDLE (FOX)**
 Craig Lamar Traylor

MONDAY

- 8:00 p.m.**
 • **HOUSE (FOX)**
 Omar Epps
- 8:00 p.m.**
 • **ONE ON ONE* (UPN)**
 Flex Alexander, Kyla Pratt
- 8:30 p.m.**
 • **LISTEN UP (CBS)**
 Malcolm-Jamal Warner
- 8:30 p.m.**
 • **HALF & HALF***
 Essence Atkins, Rachel True, Telma Hopkins, Valarie Pettiford, Chico Benymen
- 9:00 p.m.**
 • **GIRLFRIENDS* (UPN)**
 Tracee Ellis Ross, Persia White, Golden Brooks, Jill Marie Jones, Reggie Hayes
- 9:30 p.m.**
 • **SECOND TIME AROUND* (UPN)**
 Boris Kodjoe, Nicole Ari Parker, Brian White, Melissa De Sousa, Danielle Nicolet

- 10:00 p.m.**
 • **CSI: MIAMI (CBS)**
 Khandi Alexander
- 10:00 p.m.**
 • **LAX (NBC)**
 Blair Underwood

TUESDAY

- 8:00 p.m.**
 • **MY WIFE & KIDS* (ABC)**
 Damon Wayans, Tisha Campbell-Martin, George O. Gore II, Jennifer Freeman, Parker McKenna Posey, Noah Gray-Cabey, Andrew McFarlane and Brooklyn Sudano
- 8:00 p.m.**
 • **THE CONTENDER (NBC)**
 Sugar Ray Leonard
- 8:00 p.m.**
 • **ALL OF US* (UPN)**
 LisaRaye, Duane Martin, Elise Neal, Khamani Griffin, Tony Rock

- 8:30 p.m.**
 • **EVE* (UPN)**
 Eve, Jason George, Natalie Desselle, Brian Hooks

- 9:00 p.m.**
 • **GILMORE GIRLS (THE WB)**
 Yanic Truesdale

- 9:00 p.m.**
 • **FATHER OF THE PRIDE (NBC)**
 Animated series: Orlando Jones (voice-over)

- 10:00 p.m.**
 • **NYPD BLUE (ABC)**
 Garcelle Beauvais-Nilon and Henry Simmons

- 10:00 p.m.**
 • **JUDGING AMY (CBS)**
 Richard T. Jones

- 10:00 p.m.**
 • **LAW & ORDER: SPECIAL VICTIMS UNIT (NBC)**
 Ice-T

WEDNESDAY

- 8:00 p.m.**
 • **LOST (ABC)**
 Malcolm David Kelley and Harold Perrineau

- 8:00 p.m.**
 • **HAWAII (NBC)**
 Sharif Atkins

- 8:00 p.m.**
 • **SMALLVILLE (THE WB)**
 Sam Jones III

- 8:00 p.m.**
 • **AMERICA'S NEXT TOP MODEL (UPN)**
 Tyra Banks

- 9:00 p.m.**
 • **KEVIN HILL (UPN)**
 Taye Diggs, Michael Michele

- 9:00 p.m.**
 • **THE BERNIE MAC SHOW* (FOX)**
 Bernie Mac, Kellita Smith, Camille Winbush, Jeremy Suarez, Dee Dee Davis

- 9:00 p.m.**
 • **THE WEST WING (NBC)**
 Dulé Hill

- 9:30 p.m.**
 • **METHOD & RED* (FOX)**
 Method Man and Redman

- 10:00 p.m.**
 • **CSI: NY**
 Hill Harper

- 10:00 p.m.**
 • **LAW & ORDER (NBC)**
 Jesse L. Martin, S. Epatha Merkerson

THURSDAY

- 8:00 p.m.**
 • **BLUE COLLAR TV (THE WB)**
 Gary Anthony Williams

- 8:00 p.m.**
 • **STEVE HARVEY'S BIG TIME* (THE WB)**
 Steve Harvey

- 8:30 p.m.**
 • **SCRUBS (NBC)**
 Donald Faison

- 9:00 p.m.**
 • **CSI: CRIME SCENE INVESTIGATION (CBS)**
 Gary Dourdan

- 9:00 p.m.**
 • **LAS VEGAS (NBC)**
 Marsha Thomason, James Lesure

- 9:00 p.m.**
 • **WHAT I LIKE ABOUT YOU (THE WB)**
 Wesley Jonathan

- 10:00 p.m.**
 • **WITHOUT A TRACE (CBS)**
 Marianne Jean-Baptiste

- 10:00 p.m.**
 • **ER (NBC)**
 Mekhi Phifer

FRIDAY

- 9:00 p.m.**
 • **JAG (CBS)**
 Scott Lawrence

- 9:30 p.m.**
 • **LESS THAN PERFECT (ABC)**
 Sherri Shepherd

- 10:00 p.m.**
 • **MEDICAL INVESTIGATION (NBC)**
 Troy Winbush

*Denotes a Black-oriented series. All times Eastern Standard Time (EST).

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DATE With a Dish

By Charlotte Lyons

Photography by James Mitchell





Cooking the Low-Sodium Way

Put the salt shaker down!" That's the continuing message from medical experts and nutritionists, who frequently point out that most of us consume too much sodium. And as more and more of us heed that advice, there is a conscious effort by many to find foods that are not only tasty but low in sodium. If you're one of those who wants to lessen your sodium intake, then the following are some recipes and tips to help you get started.

Spicy Corn And Tomato Salad

- 2 cups cooked corn
- 2 tomatoes, chopped
- 2 jalapeño peppers, minced
- 2 cloves garlic, minced
- 1 tablespoon chopped cilantro
- 2 tablespoons Italian dressing
- 2 teaspoons extra virgin olive oil
- 2 tablespoons fresh lime juice

Combine the corn, tomatoes, peppers, garlic and cilantro in medium bowl. Whisk the Italian salad dressing, olive oil, and lime juice in a small bowl until blended well. Pour over the vegetables and toss. Marinate for at least 30 minutes. Serve at room temperature or very slightly chilled.

Yields 4 servings

CALORIES 135, Total Fat 6.9G, CHOLESTEROL 0MG, CARBOHYDRATE 19.0G, PROTEIN 3.1G, SODIUM 73MG.

Broiled Herb Chicken Thighs

- 8 chicken thighs
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons chopped fresh thyme
- 1 clove garlic, crushed
- 1/2 teaspoon grated lemon rind
- 1/4 teaspoon white pepper

Place the chicken thighs in a glass dish just big enough to hold them in a single layer. Whisk together the lemon juice, olive oil, rosemary, thyme, lemon rind and white pepper in a small bowl. Pour over chicken and turn to coat well. Cover and let marinate in refrigerator for 1 hour. Reserving the marinade, arrange chicken thighs skin-side down on broiler pan. Broil 4 inches from heat for 8 minutes, basting occasionally. Turn, baste and broil 6 to 8 minutes longer, or until chicken is done

Broiled Herb Chicken Thighs is a good choice for those who are making low-sodium choices.



With its hearty ingredients, Turkey Leek Soup is a nutritious, tasty dish that's easy to prepare.

and no longer pink inside.

Yields 4 Servings

CALORIES 495, TOTAL FAT 39.1G, CHOLESTEROL 159MG, CARBOHYDRATE 1.5G, PROTEIN 32.9G, SODIUM 144MG.

Chicken And Sweet Potato Curry

- 1 medium onion, chopped
- 3 cloves garlic
- 1 green chile, seeded and coarsely chopped
- 1 medium tomato, chopped
- 1 tablespoon curry powder
- 1 tablespoon mango chutney
- 1-inch piece fresh gingerroot, peeled and chopped
- 2 chicken breast fillets, skinned and diced
- 3 tablespoons vegetable oil
- 2 cups diced sweet potato
- 2 cups water
- 1/4 cup fresh cilantro leaves, torn

Place onion, garlic, green chile, tomato, curry powder, chutney and ginger in blender or food processor and purée until slightly smooth. Brown diced chicken breast in oil in large skillet until it starts to brown, then add the sweet potato and cook until lightly browned. Spoon the curry sauce into the skillet and cook slowly for 2 to 3 minutes. Stir in water.

Simmer slowly for 20 to 25 minutes, until the chicken is tender. Add a little more water if necessary, during cooking. Add the cilantro and serve. Serve over rice if desired.

Yields 6 servings

CALORIES 197, TOTAL FAT 8.1G, CHOLESTEROL 43MG, CARBOHYDRATE 12.3G, PROTEIN 18.5G, SODIUM 157MG.

Spicy Lemon Garlic Shrimp

- 1 tablespoon vegetable oil
- 4 garlic cloves, minced
- 1 pound large shrimp, peeled and deveined
- 1 teaspoon shredded lemon rind
- 1/8 teaspoon crushed red pepper
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped parsley

Heat large skillet over medium heat. Add the oil; then add the garlic. Cook and stir the garlic until it is softened, about 1 minute. Increase the heat to medium-high and add the shrimp, lemon rind and crushed red pepper. Cook and stir until shrimp are done, about 2 minutes. Drizzle with lemon juice and sprinkle with parsley.

Yields 6 servings

CALORIES 106, TOTAL FAT 3.6G, CHOLESTEROL 115MG, CARBOHYDRATE 1.9G, PROTEIN 15.6G, SODIUM 115MG.

Zucchini Stir-Fry

- 1 tablespoon vegetable oil
- 1 teaspoon grated gingerroot
- 1 clove garlic, minced
- 2 medium carrots, thinly sliced
- 3 medium zucchini, thinly sliced
- 3 tablespoons dry sherry
- 1 tablespoon chopped parsley

Heat a large skillet over high heat; add oil. Stir-fry gingerroot and garlic in hot oil for 30 seconds. Add carrots; stir-fry for 2 minutes. Add zucchini; stir-fry for 2 minutes or until vegetables are crisp-tender. Stir in sherry and parsley.

Yields 6 servings

CALORIES 51, TOTAL FAT 2.4G, CHOLESTEROL 0MG, CARBOHYDRATE 4.8G, PROTEIN 1.2G, SODIUM 14MG.

Lemon Broccoli and Cauliflower

- 1/2 pound fresh broccoli flowerets
- 1/2 pound fresh cauliflowerets
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon dried oregano, crushed
- 1/8 teaspoon dry mustard
- 1/8 teaspoon pepper

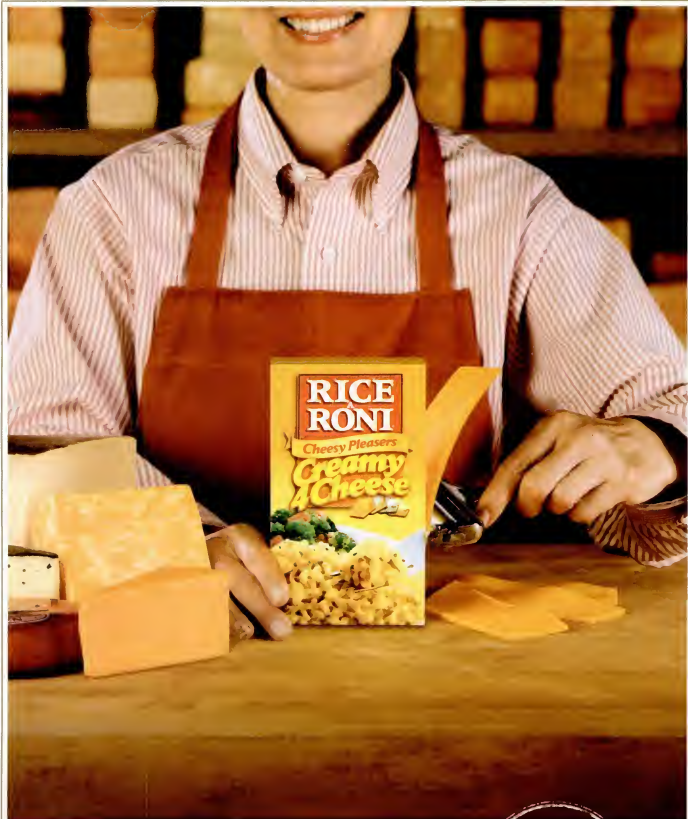
Place the broccoli and cauliflower in boiling water in large saucepan and cook for 10 minutes or until tender. Meanwhile combine lemon juice, garlic, oregano, dry mustard and pepper until well-blended. Drain the vegetable mixture well; place in serving dish. Drizzle lemon mixture over vegetable mixture and gently toss to coat. Serve at once.

Yields 4 servings

CALORIES 64, TOTAL FAT 0.3G, CHOLESTEROL 0MG, CARBOHYDRATE 16.9G, PROTEIN 3.4G, SODIUM 28MG.

Asian Chicken Lettuce Wrappers

- 1/4 cup rice vinegar
- 1 teaspoon reduced-sodium soy sauce
- 1 tablespoon chopped cilantro



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Spicy Corn And Tomato Salad is a dish that can be considered as an appetizer or entrée.

- 1 tablespoon grated fresh ginger
- 1 teaspoon grated orange rind
- 1 clove garlic, finely minced
- 1 teaspoon dark sesame oil
- 8 large lettuce leaves
- 1 1/2 cups cooked boneless, skinless chicken breast, cut into strips
- 1 cup fresh bean sprouts
- 1/2 medium red bell pepper, cut into strips

Combine the vinegar, soy sauce, cilantro, ginger, orange rind, garlic and sesame oil in a bowl. Set the lettuce leaves on a counter. Divide the chicken, bean sprouts, red bell pepper among the lettuce leaves, then fold in the sides of the lettuce leaves and roll up. Serve with the dipping sauce.

Yields 6 servings

CALORIES 167, TOTAL FAT 6.9G, CHOLESTEROL 60MG, CARBOHYDRATE 4.1G, PROTEIN 22.7G, SODIUM 95MG.

Turkey Leek Soup

- 2 tablespoons olive oil
- 1/2 cup sliced leeks
- 1/2 cup sliced carrot
- 1/2 cup sliced celery
- 1 cup reduced-sodium chicken broth
- 3 cups water
- 2 cups cooked turkey, cut up
- 1/2 teaspoon dried sage

- 1/2 teaspoon dried thyme
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped parsley

Heat the oil in a large saucepan over medium heat. Add the leek, carrot and celery; cook and stir until vegetables are soft, about 2 to 3 minutes. Add the broth, water, turkey, sage and thyme, and bring to a boil. Reduce the heat and simmer for 5 minutes, until ingredients are heated through. Add the lemon rind and juice. Cook for 2 to 3 minutes more. Add the parsley.

Yields 6 servings

CALORIES 107, TOTAL FAT 6.2G, CHOLESTEROL 24MG, CARBOHYDRATE 2.4G, PROTEIN 11.6G, SODIUM 119MG.

Rainbow Trout In Orange Sauce

- 1 1/4 cups fresh orange juice
- 2 tablespoons all-purpose flour
- 1 tablespoon butter or margarine
- 1/4 cup sliced green onion
- 1 clove garlic, minced
- 4 6-ounce rainbow trout fillets
- 1/4 cup all-purpose flour
- 2 tablespoons vegetable oil

Beat together the orange juice and 2 tablespoons of the flour in a small

bowl. Heat a small saucepan over medium heat. Add the butter, onion and garlic; cook and stir until onion is soft, about 1 to 2 minutes. Add the orange juice mixture and cook, stirring occasionally, until the sauce thickens and is creamy, about 8 minutes. Meanwhile, heat a nonstick skillet. Coat the fillets in the remaining 1/4 cup flour. Heat the vegetable oil in 10-inch skillet over medium-high heat. Brown the fillets on both sides until golden and fish is just opaque in the center, about 3 to 4 minutes on each side. Spoon the sauce onto 4 plates and top with a fillet. Garnish with parsley if desired.

Yields 4 servings

CALORIES 368, TOTAL FAT 15.8G, CHOLESTEROL 108MG, CARBOHYDRATE 17.7G, PROTEIN 36.8G, SODIUM 84MG.

Helpful Tips

- ☐ Remove the salt shaker from the table and replace it with fresh ground pepper.
- ☐ Always keep lemon wedges on hand for squeezing over vegetables, poultry and fish.
- ☐ Place a cruet of vinegar on the table to perk up salads and meats. There are all types of flavored vinegar that will enhance the taste of your food.
- ☐ Become sodium-wise about the foods you eat; get in the habit of reading food labels.
- ☐ Season with herbs, spices, vinegar, wine, citrus fruits, onions and garlic. Try using some of the low-sodium seasoning blends.
- ☐ Limit the use of processed foods such as canned foods, sausages, luncheon meats, hot dogs, etc.
- ☐ Avoid snack items with added salt, such as salted peanuts, pretzels, popcorn, corn chips, crackers, etc.



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FRENCH
KNITS

Photography by Maria Chandoha Valentino



FOR fall, French designers allowed thoughts of cool weather to govern their creative thoughts as they came up with an abundance of fashionable knits to keep you cozy this season. Trendy shawls and capes continue to be popular, as evidenced in Evisu's lilac knit coverup shown here. Junko Maeda's collection of beautiful and wearable knit attire demonstrated verve and versatility. Chanel showed it's casual side with knitwear, and even Valentino showcased knit attire with a glamorous ensemble with gold metallic sweater set. Whether you are going around the corner or out on the town, the comfortable feel and fit of quality knits can take you there in style.

Far Left: For the free-spirited, **Evisu** designs an ensemble of lilac knit shawl worn over camisole and high-waist, camel tweed skirt with fluted hemline. Accessorized with sheer purple gloves, purple tights and knee-high boots. Note: Tweed cap and shoulder-length earrings.

Winter white crocheted coatdress accented with pink ascot and tights. Note: matching knit hair band with jeweled accents. By **Katherine Pradeau**.

BY EUNICE W. JOHNSON
PARIS FALL 2004

Chanel spruces up casual look with classic style elements. Dark and light gray patterned knit cardigan (with matching beret) worn over dark gray cable knit sweater with zip-front and royal blue knit turtleneck, all topping heather gray slacks. Accessorized with long classic Chanel necklaces and matching chain belt, Chanel purse and boots.

Below: Nina Ricci presents a great casual look with white sweater with turban-like neck, worn with Persian lamb skirt with front split that shows off silky white underskirt.

Lusciously textured red and black tweed pantsuit is worn with red-white-blue patterned shirt. Accessorized with heavy green knit scarf, large yellow disc earrings and red and green disc necklaces. By Xuly Bet.





Left: Valentino's gold metallic knit, waist-baring cardigan is trimmed with mink collar, worn over matching bra top and atop silky satin gold pants with scarf belt. Note: Black and gold purse.

Center: Gold and black knit jacket with large patch pockets is accented with collar and cuffs of gold yarn. Worn with black knit skirt with sequined criss-cross bands. By Junko Maeda. Note: Black leather ankle boots.

Right: Hermes' knit dress and wool coat with oversized dolman sleeves and turned-up cuffs is belted at waist with large brown belt. Accessorized with brown gloves and boots.

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Above: Junko Maeda offers an exquisite collection of knit attire, including ensemble of multicolored knit top and jacket with horizontal zig-zag design worn over black knit pants with colorful circles that reflect colors of top and jacket.

Right: Ensemble of white knit skirt and top with tiers of fringe. Accessorized with fur jacket and white boots. By Maeda.



Above Center: Louis Vuitton's knit jacket has sequined front and contrasting sleeves, with bodice and edge trimmed in transparent fabric, accented at waist with red alligator belt, worn over knee-length, windowpane-check skirt with ruffled hem. Accessorized with pearl and gold chokers and Louis Vuitton purse.

Above: Knit takes on the nightlife in Maeda's form-fitting cocktail dress with swirl design on see-through bodice, sequined front panel and detached sleeves.

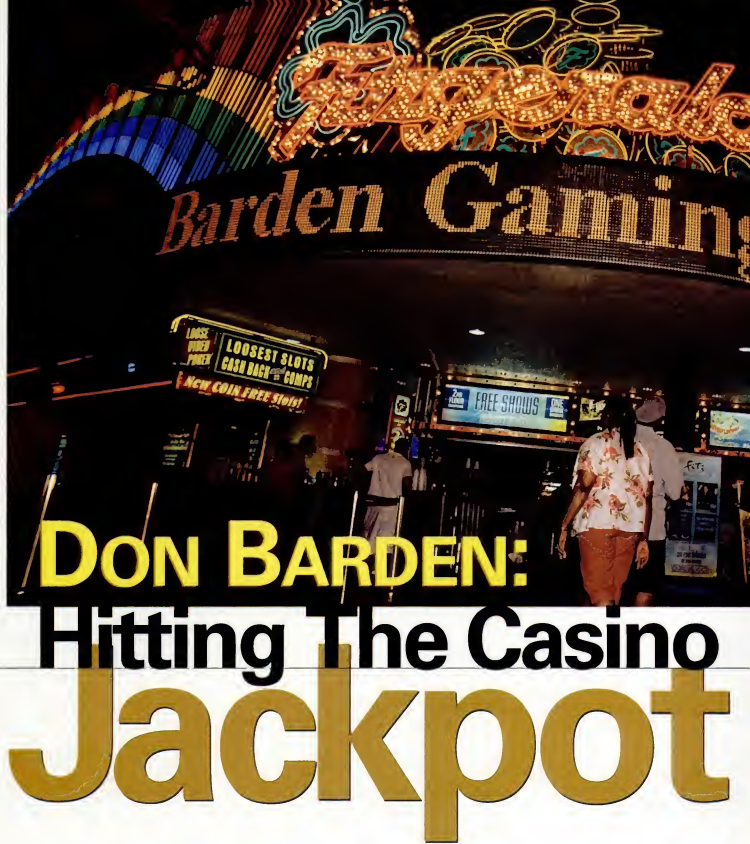
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DON BARDEN: Hitting The Casino Jackpot

By Kevin Chappell

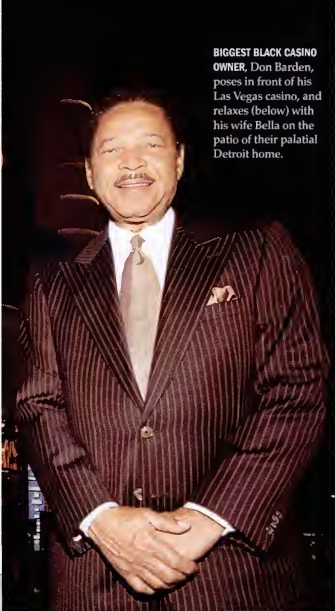
IT'S the golden hour in Las Vegas, the late afternoon time when the sun folds its hand, casting one final glow over the desert city before being overtaken by mountaintops and glistening neon lights.

Fresh off a six-hole golf fix in sweltering 106-degree weather, Don Barden seems to enjoy the serenity of the moment. He takes a long drag off an expensive cigar as his smoke-filled limo rolls along U.S. 95, the city's main

drag, and his "baby" comes into sight.

It's been a little more than two years now since the businessman from Detroit came to the city of big gamblers and took perhaps one of the biggest gambles of his life. And no

BIGGEST BLACK CASINO OWNER, Don Barden, poses in front of his Las Vegas casino, and relaxes (below) with his wife Bella on the patio of their palatial Detroit home.



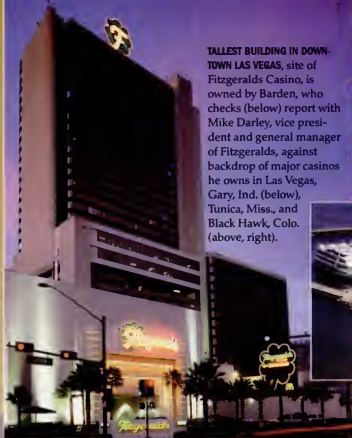
matter how many times (or in what light) he sees the brick-and-steel-and-glass fruits of his labor, the 60-year-old soft-spoken man is still taken aback by the guts, glory and magnitude of it all.

"There she is, the tallest building in downtown Las Vegas," Barden says with pride, pointing at the 34-story Fitzgeralds Casino Hotel that he rescued from bankruptcy in 2001 and turned into the centerpiece of Barden Gaming, a chain of four casinos that, he projects, will soon earn a billion dollars in annual revenue. "I was quite amazed. In fact, I was in awe when I first saw it. I said, 'My goodness. I own that.' It feels great ... I'm very pleased with the acquisition. And I feel really blessed to have had this opportunity."

The story of the first African-American to own a major casino in Las Vegas is a story of hard work and vision, born in poverty and nourished by the strength of family. It was in the rural town of Inkster, Mich., that these two forces converged to build the character and intuition that would guide the ninth child in that family on a history-making journey.

"We were poor," he says of the shotgun house, 13 kids strong, headed by a father who was a factory worker and shade-tree mechanic. "We raised our own vegetables, our own animals. Chickens. Hogs. We used to plow our gardens by donkey. We knew we didn't have much, so what we had we appreciated. We were taught family values growing up, the values of respect for other people, respect for your neighbor, respect for elders. We were taught to be honest and believe in God. All these principles are the foundation of the kind of character that I possess today. They give me the drive and the spirit to want to succeed."





TALLEST BUILDING IN DOWNTOWN LAS VEGAS, site of Fitzgeralds Casino, is owned by Barden, who checks (below) report with Mike Darley, vice president and general manager of Fitzgeralds, against backdrop of major casinos he owns in Las Vegas, Gary, Ind. (below), Tunica, Miss., and Black Hawk, Colo. (above, right).



good price, that we went ahead with it."

The gamble paid off. Fresh off \$4 million in renovations (including new carpet, slot machines, wallpaper) and a change in management to focus on improved customer service, Fitzgeralds enjoyed double-digit growth last year.

Barden splits his time between the Detroit headquarters of Barden Com-

panies and his casinos—which include Fitzgeralds casinos in Vegas, Tunica, Miss., and Black Hawk, Colo., as well as the 40,000-square-foot casino cruise ship outside Chicago in Gary, Ind. Named the *Majestic Star*, the \$50 million vessel, which Barden purchased in 1995, marked his entry into the gaming industry.

Barden says that he would like to double the size of his company every five years for the next 10 years at least. He is looking to expand to new locations, such as Pennsylvania, and he is hoping to get a license in Detroit, a city that, in a controversial decision under a former mayor, rejected his proposal for one of the three gaming licenses awarded six years ago. The Detroit

casinos are worth more than \$1 billion each today, and Barden has neither forgiven nor forgotten. "Detroit will always hurt," he says, "because I am based there... When you have Black people in control—not that they have to give you something because you're Black but because you're qualified, because you're one of the biggest taxpayers in the city and because you're the only Black in the bidding with the money and the expertise—you are disappointed when you're not given the opportunity to demonstrate that Blacks can perform on a professional basis like anyone else."

If he's not successful in opening a gaming operation in Detroit, Barden hasn't ruled out the possibility of moving his headquarters out of the Motor City. "I have to live where I have the most business," he says. "However, I am still



DON BARDEN *Continued*

Mike Darley, Fitzgeralds' vice president and general manager, has worked for heavyweights like Donald Trump. He says what separates Barden from other corporate giants is his "great insight. It's like he looks into a crystal ball and sees the future. I've never seen anything like it."

But even a hometown sixth sense couldn't help Barden—who purchased Fitzgeralds only three months after the 9-11 attack—foresee the ultimate impact that event would have on the gaming industry, particularly in a high-profile place like Las Vegas. But it didn't stop him from pulling the trigger on the three-casino Fitzgeralds deal, paying \$149 million—\$14 million of his own money—for the properties. "That was scary," he says. "It was kind of risky. But we were so far along in the deal, and got it for such a

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ON THE CASINO FLOOR, Barden strikes a pose among the gamers at the 34-story casino and hotel. During a meeting (below), the former plumber's assistant confers with his Las Vegas staff.

owned this casino," one Sister, sitting at a slot machine, says to another Sister trying her luck. "Well, at least I'm giving my money to a Brother," she quips.

Barden says some of the customers who come to Fitzgeralds don't know that the Irish-themed casino is actually owned by an African-American, although there is a life-sized photo of him at the entrance. "If they don't know when they get here, they usually know before they leave," says Barden, who indicated that he may change the name of the casino one day. "The fact that I am Black hasn't hurt our business. We get a lot of people who come to visit our casino because I *am* Black."

The majority of Fitzgeralds' customers are White. "Not that we planned it that way, that's just the way it is. It's the demographics of our client base," he says. "I would love it if most of my customers were African-Americans. I can think of cases like Detroit... where the majority of the costumers are African-American, those casinos make more money than is typically the case in a casino. We show our appreciation to our customers, whoever they are and wherever they are from."

While to his patrons the only color that seems to matter is green, to the movers and shakers of Las Vegas, there continues to be an old-boy system in place that makes it difficult for outsiders, particularly Blacks, to get in on the action. "But those walls are constantly crumbling," says Barden, who employs 3,400 people, more than half of whom are minorities. "And in fact, since we entered the Vegas market, you see more African-Americans being promoted because of the pressure and example that we are setting. They are being promoted to management positions that were not available to them in the past. Many are being paid better because we have set the standard of fairness and compensation for executives."

It's a business philosophy that grew out of working several jobs—from a laborer for a moving company to a plumber's assistant. It wasn't until after he finished college and started working in the mailroom at a shipbuilding company in Cleveland that he realized that there were other ways, outside of physical labor, to make a living. Within two years, he was promoted four times, from the mailroom to assistant to company president. "I knew then I wanted to be rewarded for my intelligence, as well as my physical labor," he says. "I wanted to control my own destiny. So that's when I knew I wanted to be a businessman."

In Cleveland, he saved his money and made his first venture into entrepreneurship, renting an eight-room house for \$300 a month. He turned around and rented out each

DON BARDEN *Continued*

ing out hope that something will happen for us to justify staying in Detroit. I was born in Detroit, I love the city."

But while he will always call the Midwest home, Barden says that Vegas is his kind of town. That much is evident later that evening, when he sheds his golf attire, dons an Italian black suit with gold pinstripes and takes to the casino floor. He's got the walk of a casino boss—and the charisma to match. As he makes his way through the crowd, passing a blackjack table, someone yells out, "Mr. B." Around the next turn, a White woman with a cigarette in one hand and a cup half-filled with dollar coins in the other gives him an unexpected hug. Then a man bent over the craps table reaches out to shake his hand. "I didn't know a Black man



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IN PERPETUAL MOTION. Barden travels (above) in Las Vegas-long limo and tees off at the Detroit Golf Club, which adjoins the backyard of his home (in the background).



DON BARDEN *Continued*

room for \$100 a month to transient workers. "I made money, and that got me hooked on real estate," he says. "It was one area where I could make money while I slept."

From there, he formed a real estate development company, and began renting office buildings, clinics, houses; whatever he figured was a good investment. He later served as city councilman, and even became involved in the media, doing some radio work and television reporting. At one point, he owned a small newspaper. "I was very familiar with communications," says Barden, who attended Central State University in Wilberforce, Ohio. "So in the mid '70s, when I saw that this new industry was coming called 'cable television,' I thought it would be a good business for me to be in. It was a mainstream business, with low barriers to entry, and a high opportunity to grow."

He moved back to Detroit, and thanks to the help he received from the city's legendary Mayor Coleman Young and many financial backers, was able to start Barden Cablevision. But after a successful eight-year run, which saw his service sign up 120,000 subscribers and expand throughout much of Detroit and some suburbs, Barden began to get squeezed by major cable companies that were

able to buy their programming at a discount rate. He eventually sold his company to Comcast Cable in 1994 for more than \$100 million, which made him a wealthy man and made the investors in his company a nice sum of money.

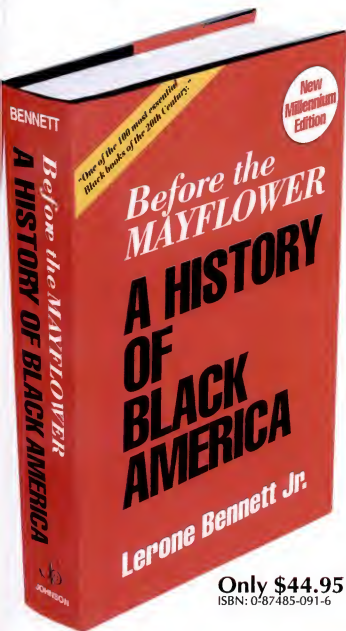
That same year he was awarded a license for an Indiana riverboat casino. He has since focused most of his energy in the gaming industry, although he still has business in real estate, and even has a company in Namibia, Africa, that converts General Motors cars from left-hand drive to right. "If I can make a profit, if I can operate it and grow it, if it is something I can get into utilizing my existing infrastructure, such as my banking relationships and the people in my organization, then nothing is off limits," Barden says.

Married to wife Bella, Barden has a son and daughter. While he won't force them to follow his footsteps into the gaming industry, he says he will stress becoming a business owner to his children. "I'm a strong believer in African-Americans being in business and generating jobs for other people, helping with the economy and creating wealth," Barden says.

Later that night, relaxing with a few top staffers over dinner in the casino's fine-dining restaurant, Barden reflects on how far he has come. While he says a lot of people helped him along the way, including bankers, politicians, and the like, he gives much of the credit for his success to his father, Milton Barden Sr., who died in 1986, and his mother, Hortense Barden, who passed away four years later. One of his proudest moments was the look in his mother's eyes as she watched him starting his cable company. "She saw my new home. She witnessed my cable system. Unfortunately, my father died three months before I started the cable business. But he knew that I was well on my way," he says. "I often think about him, even today, about all of the things he taught me, the kind of role model he was, the kind of example he set for all of his kids. He was very proud of me."

As he prepares to retire to the Chairman's Suite for the night before jetting back to Detroit the next morning, Don Barden's venture into uncharted territory continues. But perhaps more than being one of the top Black businessmen in the country, and breaking Las Vegas' long-standing color barrier at the top, or earning a billion dollars in annual revenue from gamblers trying their luck at blackjack, poker or slots, one gets the impression that it would mean more to Barden to simply be compared favorably to his father. For while the factory worker and shade-tree mechanic didn't teach Barden much about business, his integrity, work ethic and devotion to his family—13 kids strong—were crystal balls that taught child No. 9 everything he needed to know about life. □

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Signing copies of her book, *Say What You Mean and Mean What You Say*..., Judge Hatchett emphasizes excellence. Below, Hatchett, who is on the board of the Atlanta Falcons, and running back Warrick Dunn (facing) do a court intervention.



people in trouble that they can do better.

Out of court, she's the same way—trying to make sure that her two adult sons know that they are her top priority, promoting children's welfare issues on the lecture circuit and showing the business world that although she left corporate America to become a judge, she can still hold coveted positions on corporate boards.

As a single mother, the Atlanta native says putting her children first wasn't a hard decision. But the biggest challenge, she says, has been setting aside significant time for the other parts of her life—romance (she says she's dating), work and solitude.

"It was easy for me [to decide to focus on my children]... That was the premise from which I made everything else work in my life," says Hatchett, who has been divorced since 1996 and is fiercely protective of her sons, Charles and Chris. "I really wanted children badly and took it very seriously. And I told myself that if I were blessed to have children, I would really try to do right by them."

An Emory University School of Law graduate, Hatchett spent nearly 10 years in the legal and public relations departments at Delta Airlines before accepting an appointment as the chief presiding judge of Georgia's Fulton County Juvenile Court. In her

eight years on the bench she developed a reputation for hard work, creative sentencing, intervention and youth advocacy. That reputation has followed her to the *Judge Hatchett* TV show and is reflected in the causes that attract her interest.

"I have always had a great passion for children's issues, even before I went on the bench," says Hatchett, who is national spokeswoman for the Court Appointed Special Advocate association for abused and neglected children. "There are countless children in our society who really don't have a voice to speak for themselves, and it's important that those of us who do care about the issues are willing to advocate on their behalf. At the end of the day, our children are all we have with which to build a new generation of men and women, and it's absolutely imperative that we do what we can—when we can—on their behalf."

Hatchett, who serves on the

freedom of choice



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Circle 10 of 100



At 100 Black Men of America national conference, Hatchett poses (above, l to r.) with Mablean Ephraim of TV's *Divorce Court*; Vivian R. Pickard, General Motors' director of corporate relations; and Rep. Stephanie Tubbs Jones, D-Ohio. She also poses (below) with Thomas W. Dortch Jr., chairman of 100 Black Men, and AJ Calloway of BET.



stay in the corporate life that she left to become a judge.

"My involvement with corporate boards has been important to me because it has really kept me greatly involved in the corporate sector," Hatchett says. "It's been rewarding for me to be able to continue to play a role in the growth and leadership of Fortune 500 companies. And my newest involvement on the Atlanta Falcons Board of Directors allows me to enjoy both my commitment to serving on corporate boards and my longtime love of football."

And although the TV show takes up lot of time, and she is busier than ever (her book, *Say What You Mean and Mean What You Say: 7 Simple Strategies to Help Our Children Along the Path to Purpose and Possibility* was released last year), Hatchett says she has begun to focus on taking care of herself.

"I had a horrible bout with

pneumonia two years ago," Hatchett says, "and it really was a wake-up call for me—that the things that are truly important to me, I have to be able to do."

Those "things" include being able to tuck in her sons—one college-age, the other in high school—at night, whenever possible. It's become the family joke, this tiny woman tucking in her grown and nearly grown sons, but Hatchett says she wouldn't trade those quiet times at night—when she has the chance to really listen and learn—for anything.

"I've learned from [my sons] that this whole piece of just being honest is the only way you can make it work," says Hatchett, who splits her time between Atlanta and New York, where she tapes the show. "Do I feel like a martyr, like I should get some big pat on the back? No. I love it."

—Kimberly Davis

board of directors for Gap Inc., and Hospital Corporation of America Inc. (HCA)—two Fortune 500 companies—was recently elected to the board of the NFL's Atlanta Falcons. She says serving on those boards gives her a way to

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Canton, OH	The Palace Theatre	Tues., 9/14	7:00 PM
Harrisburg, PA	The Forum	Wed., 9/15	8:00 PM
Allentown, PA	Scotiabank Rite Cathedral	Thurs., 9/16	8:00 PM
Wilmington, DE	Mount Pleasant High School	Fri., 9/17	8:00 PM
Atlantic City, NJ	Atlantic City Convention Center	Sat., 9/18	1:30 PM
Trenton, NJ	The War Memorial	Sun., 9/19	5:00 PM
Morristown, NJ	Birchwood Manor	Mon., 9/20	7:00 PM
Somerset, NJ	Ukrainian Cultural Center	Tues., 9/21	7:00 PM
Providence, RI	Venus DeMilo Restaurant	Thurs., 9/23	7:00 PM
Hartford, CT	The Belding Theater	Fri., 9/24	8:00 PM
New Haven, CT	Lyman Center at S.C.S.U.	Sat., 9/25	8:00 PM
Boston, MA	Hyatt Regency Boston	Sun., 9/26	4:00 PM
Poughkeepsie, NY	Poughkeepsie High School	Wed., 9/29	8:00 PM
Mount Vernon, NY	White Plains High School	Thurs., 9/30	8:00 PM
Hempstead, NY	Hofstra University	Fri., 10/1	8:00 PM
	John Cranford-Adams Playhouse		
Newark, NJ	Robert Treat Hotel	Sat., 10/2	8:00 PM
New York, NY	New York Hilton Hotel	Sun., 10/3	3:00 PM
Englewood, NJ	Hilton Hotel	Tues., 10/5	8:00 PM
Willingboro, NJ	Willingboro High School	Wed., 10/6	8:00 PM
Rockland County, NY	Rockland Community College	Thurs., 10/7	8:00 PM
Brooklyn, NY	Brooklyn Museum of Art	Fri., 10/8	8:00 PM
Philadelphia, PA	The Kimmel Center	Sat., 10/9	2:00 PM
Baltimore, MD	Gillian Concert Hall	Sun., 10/10	4:00 PM
	Morgan State University		
Dover, DE	Delaware State University	Tues., 10/12	8:00 PM
	Education & Humanities Theater		
Elizabeth City, NC	Elizabeth City State University	Wed., 10/13	8:00 PM
	Fine Arts Center		
Hampton, VA	Hampton University Convocation Center	Thurs., 10/14	8:00 PM
Norfolk, VA	The L. Douglas Wilder	Fri., 10/15	8:00 PM
	Performing Arts Center-NSU		
Richmond, VA	Marriott Hotel	Sat., 10/16	8:00 PM
Washington, DC	John F. Kennedy Center for Performing Arts	Sun., 10/17	3:00 PM
Silver Spring, MD	Indian Spring Country Club	Mon., 10/18	8:00 PM
Syracuse, NY	Landmark Theatre	Wed., 10/20	8:00 PM
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Youngstown, OH	Packard Music Hall	Sat., 10/23	8:00 PM
Cleveland, OH	The Civic	Sun., 10/24	5:00 PM
Erie, PA	The Avalon Hotel & Conference Center	Mon., 10/25	8:00 PM
Pittsburgh, PA	Byham Theater	Tues., 10/26	7:30 PM

*Denotes a possible change in the Show Location



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The EBONY ADVISOR

Expert Advice on Love and Relationships

Q I've been happily married for almost four years and have two kids. When we were engaged I cheated on my husband several times. I feel horrible about cheating on him, but I've been faithful since we've been married and I'd never cheat on him again. I'm afraid my husband will leave me if I confess to cheating on him. Should I take the risk of losing my husband by confessing? Please help!

Regretful in California

'I cheated when we were engaged. Should I risk losing my husband by confessing?'

A Confession is good for the soul, but it could be disastrous for your "happy" marriage. You did not violate your marriage vows, and keep in mind that men are not as forgiving as women. Psychotherapist Hope Ashby advises that rather than jeopardize your marriage, confess past indiscretions to a counselor or therapist (preferably a female). You'll feel better and your marriage will be more secure. With counseling, says Dr. Ashby, you may understand why you cheated in the first place.

Q I am 28. Since my husband and I married two years ago, I feel that his priority has not been our marriage. I handle all payments for maintaining our house; he does pay half the mortgage and I have to insist that he does that. Our paychecks are about the same. I am hurt because when his mother asks for (or demands) something, he finds the money for her. If I ask for anything, he says "No," and he has told me that he will always take care of his mother. I do not have a problem with that, but I feel he has no respect for our relationship. I want a divorce, but I have so much to lose. I have invested more than \$20,000 in this house, including all the down payment, and I do not have a prenuptial agreement. I will just lose it if we were to divorce and I have to give up half of my savings to him. I do not want to leave my house; I feel that all I have worked hard for will be lost. I have bought furniture and new carpeting and paid thousands of dollars to fix a serious leak. My husband always says he has no money. He does not even buy groceries. He is lazy and does not even acknowledge our anniversary. He is very cold toward my friends and me, but he always wants me to accommodate his friends. He drinks a lot on the weekend and goes to the club regularly. My husband and I have no common goals. Please help me. I am desperate. I have no one to talk to.

Desperate in Maryland

A Your husband did not get the way he is overnight. It appears you have made the mistake that so many women make: not getting to know the man before marrying him. Dr. Joyce Hamilton Berry, a psychologist in the Washington, D.C., area, says: "Some women are so desperate to marry that they believe they can marry a frog and change him into a prince. They should think about what Flip Wilson said: 'What you see is what you get.'" Immediately you should get an attorney and make an appointment with a therapist. Depending on circumstances and the laws in your state, you may not have to forfeit your property or your savings (especially if you accumulated your savings before marriage). Marriage is a partnership, and it is important that both spouses share common goals and values—and financial responsibility. You should not be forced to pay all of your home's maintenance expenses. There appears to be no love, respect or communication between you and your husband. Talk to him about seeing a marriage counselor. If he will not go, go by yourself. Based on the information you shared, it appears you have made a mistake. Don't make another mistake by staying in a loveless marriage that can't be saved. Seek counseling and legal advice. Don't stay in such a marriage because of your financial investment. Your life, happiness and peace of mind are more important than money. □

The EBONY Advisor is a question-and-answer column designed to help our readers with their problems. Answers to all questions are thoroughly researched and, if necessary, checked with competent psychiatrists, psychologists, medical doctors, sociologists and other experts in family counseling. If you have questions, please send them to The EBONY Advisor, EBONY Magazine, 820 South Michigan Avenue, Chicago, IL 60605. Only the cities or states of those submitting questions will be published. Because of the large volume of mail we receive, we cannot send personal replies.

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TV time should be a family affair, experts say, so parents can monitor what their children are watching.

All photos posed by professional models.

TV AND YOUR CHILD: HOW MUCH IS TOO MUCH?



By Kimberly Davis

WITH a multibillion-dollar industry competing for the shortening attention spans of young boys and girls, the question in Black families today is this: Is TV a friend or foe?

The answer, according to specialists, is that television—whether you've got an antenna for the basic stations or a satellite dish for 600 channels—can be both friend and foe, depending on how you and your family use it.

Recent studies have shown that Black children

watch more TV than children of other races, nearly 18 hours per week, compared to 15 hours per week for Hispanic children and 13 hours per week for White children. And because studies have linked excessive television viewing to obesity, attention disorders, poor body image, substance abuse, early sexual activity and increased violence, according to the American Academy of Pediatrics, experts say more parental involvement is necessary.

Andrea Young, vice president of the National Black



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Watching TV with your children has its advantages, but researchers say it should be balanced with other activities, including reading and playing games outdoors.

PARENTING *Continued*

Child Development Institute in Washington, D.C., says parents need to take a more active role in guiding the television-viewing habits of their children. Not only is a child's physical health at stake, she says, but also his or her academic health.

"The bottom line is that African-American kids watch way too much television, at every age," says Young, who has worked at the Institute for five years. "And it interferes with their academics and also is implicated in obesity."

Marque McKinnor, 35, of Harvey, Ill., is a data management specialist for ComEd. He says that his daughter Kristen, 8, a third-grader, watches roughly five to 10 hours of TV per week, which is below average for a child her age, according to statistics.

McKinnor shares custody with Kristen's mother, Gwendolyn Tribble. Both parents are on the same page when it comes to Kristen's viewing habits. They favor a balanced approach that involves reading, playing outdoors, board games, building and art—along with the occasional TV show, video or movie.

"My philosophy is that we've got to do something to stimulate her mind, to get her to think, as opposed to watching TV all the time," McKinnor says. "Don't get me wrong, she does have favorite programs and I don't have a problem with her watching those shows. But if she watches TV for 30 minutes, then she has to read for 30 minutes."

While experts suggest that parents monitor their children's viewing habits and set limits on how much TV their children

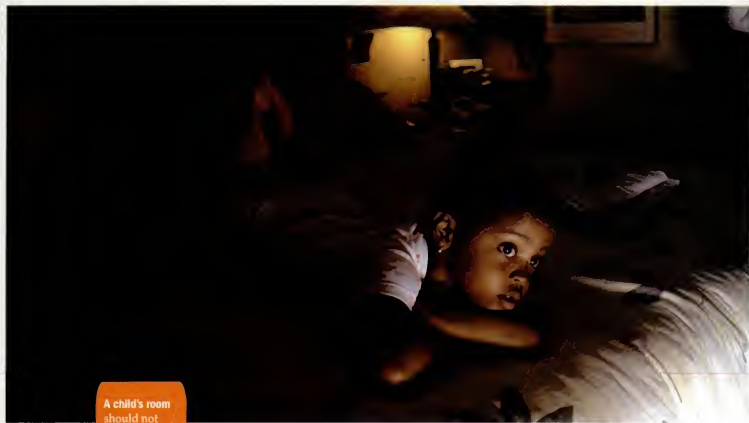


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A child's room should not include a television, experts say, because it makes it too easy for them to view undesirable content. Additionally, it can serve as a distraction from homework or other responsibilities.

PARENTING *Continued*

watch, experts also say that parents should make changes in where and with whom children watch TV.

Recent technology, ratings systems and parental blocks have made it easier to keep undesirable content off your TV screen, but it really is up to you to make sure that the technology is smarter than your child. If anything, experts say that parents should be examples to their children and instill

good viewing habits.

Experts also suggest that a child's room be a TV-free area. That way, when your child is in his or her room doing homework, you can be sure that there aren't any distractions.

"We recommend that parents watch television with their children, because they need to know what their children are watching," Young says. "They need to give strong consideration to making sure that children are watching things that are age-appropriate."

TV Viewing Guidelines

E DUCATE yourself about the media landscape for children. If your child asks to watch a new TV program, check it out first to make sure the content is safe and age-appropriate. Make sure that you watch TV with a purpose—particularly if you're viewing as a family.

Set limits on how much TV your family watches. Some experts suggest one to two hours of quality programming a day for older children and one hour a day for preschoolers. Children under 2 years old should not watch TV, experts say. Watch TV with your child and discuss the content

to help show him or her what programs are beneficial, positive influences, rather than leaving the programming choices up to him or her. "I watched more TV than I'm allowing Kristen to watch," McKinnor says. "With being a parent, you look at things a whole lot differently because there are so many things that are on TV now that are not beneficial. I'm a little bit more cautious with

the programs that she watches."

Make sure that your child asks permission to watch TV and a specific program on TV.

Keep track of your family's viewing habits, including commercials, movies and special programs.

Understand that it's OK to have a breather every once in a while and that guidelines are just that—tools to help you devise your own family's media plan.

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BORIS & NICOLE

Boris Kodjoe and Nicole Parker are expecting their first child this year and will be wed in May of 2005. (Photographed at the Raffles L'Ermitage Beverly Hills.)



TV's Hottest Real-Life Love Story

By Zondra Hughes

REALITY TV romance doesn't get any more real than this.

Consider this: Nicole Ari Parker and Boris Kodjoe, onscreen lovers Teri and Damon from the Showtime original drama series *Soul Food*—are back on the small screen. This time, they are a divorced couple who give marriage a second chance on the new UPN sitcom *Second Time Around*—and the new sitcom is on target in more ways than one.

Not only are Boris and Nicole a real-life couple (with child) who are on their way to the altar, but the personalities of the sitcom sweethearts—Nicole portrays Ryan Muse, a free-spirited artist, and Boris is Jackson Muse, a buttoned-down architect—are eerily similar to their in-the-flesh personas as well.

"When it comes to work, personal experiences and relationships, I'm very structured," Boris admits. "I'm very disciplined and focused, so it's something about the character Jackson, the architect, that is definitely similar to who I am as a person."

Nicole, the ethereal free spirit, jibes in. "And he's controlling," she jokes. "And exacting. And meticulous."

For months, the couple had categorically denied that there was indeed a real romance brewing behind the scenes, but the millions of eagle-eyed fans knew better. And for the first time, Boris and Nicole

have granted EBONY readers an exclusive sneak peek into the reality love story behind the fantasy love story that has engrossed diehard fans and gossipmongers alike all across the country.

It's a lazy Friday afternoon, and Boris and Nicole are snuggling at one of their favorite hideaways, the Raffles L'Ermitage luxury hotel. Nestled in the bosom of Beverly Hills, the L'Ermitage is the fabled playground of the haves and the have-mores, a historic hotel where old White wealth and new Black money mingle effortlessly without the hassles of the privacy-invading paparazzi.

It's also the place where Boris & Nicole—aka the newest addition to Hollywood's "Caramel Camelot"—retreat to kick back and fall in love after a hard day's work on the set.

Inside the suite, Boris looks over at Nicole and instinctively reaches out to touch her.

"It's like the dream world and real world is reversed for us," he explains, stroking his pregnant fiancée's stomach. "A lot of people sleep 12 hours a day because they don't want to wake up. But I don't want to sleep because I feel like I'm living a dream. So when I'm lying in bed beside her, I do a double take. And I could not see myself with a more beautiful person inside and out. I know I'm lucky as hell."

Nicole responds with a beet-



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Boris Kodjoe and Nicole Parker, stars of the new UPN sitcom, *Second Time Around*, are the hottest real-life couple on prime-time television.

BORIS & NICOLE *Continued* red blush.

Boris peeps her reaction and laughs. "It's not that I haven't told her that before," he jokes. "I don't know why she's blushing!"

HER STORY

Growing up as the only child of divorced parents, Susan Parker, a health care professional, and Donald Parker, a dentist, Nicole Ari (her middle name) Parker was just about the only brown face at her private all-girls grammar school. In order to keep aligned with her sense of self, Nicole spent hours play-acting in her Baltimore home.

She wanted to be like the sexy, sassy Willona from the sitcom *Good Times*.

Nicole studied hard—despite her habit of clowning around in the classroom—and won roles in various local theater productions.

At the age of 17, she won best actress in the state of Maryland's high school competition and decided that it was time to follow her dreams. Although her parents were less than thrilled, she began to find

work at the Baltimore Actors Theatre, and then moved on to the Washington Ballet Company before applying to the New York University Tisch School of the Arts behind her parents' back.

After a string of odd jobs (she used to scoop ice cream for a living), bit-roles and working for pennies in the theater circuit, Nicole was offered the breakthrough role on *Soul Food*.

Somewhere between establishing an impressive acting résumé and landing her gig on *Soul Food*, Nicole eloped with an up-and-coming Hollywood director and she believed that she had everything under control.

And she did—that is, until hurricane Boris rolled into her life.

To let Nicole tell it, she never really wanted Boris—at least not in *that* way.

"When I first saw Boris, we were in script rehearsals for *Soul Food*. When he walked into the room, I thought, with some dismay 'Oh great, they've got a supermodel to play my boyfriend,'" Nicole recalls. "I mean he's obviously beautiful,

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A black and white photograph of Nicole Parker. She is sitting on a light-colored, possibly sandy or snowy, surface. She is wearing a white, off-the-shoulder, long-sleeved dress that is draped around her. She has dark, curly hair and is smiling at the camera. Her legs are crossed at the ankles.

BORIS & NICOLE *Continued*

but I was an actress from New York who wanted an established actor from New York to walk through the door."

Boris, who's accustomed to women literally falling to the floor when he's around, recalls that he received a lukewarm reception from nearly everyone but Nicole.

"Nicole gave me this big hug and she welcomed me," he says. "I knew right away that this person had a very special heart and spirit."

Nicole felt it, too.

"The chemistry was so strong that it was just undeniable that something was going to come of this relationship other than the professional one. I knew that I met someone that I wanted to remain in my life."

The fans reacted so strongly to Boris and Nicole (aka Damon and Teri's fragile, realistic relationship, not to mention the steamy love scenes) that Boris became a household name.

But Nicole was dodging Boris'

love spell at every turn.

"I had a lot going on in my life back then," Nicole says. "I was in a very serious relationship when I met him, and I was also very serious about *Soul Food*. I pushed down a lot of feelings that I had because I really didn't want to start a relationship. I didn't want the drama, the fighting on the set. My job was so important to me that I had to push him away."

Boris told her frankly that she could run, but she couldn't hide.

"Boris spoke up first and said let's acknowledge what's happening," Nicole says. "So we really took our time. I wasn't the most patient person in the world when it came to relationships and I discovered [patience] through Boris."

After a long, private courtship, Boris proposed.

"It was a beautiful day in Germany," he recalls, smiling broadly. "I took her to the mountainside where I learned to ski. We sat down next to this huge meadow that over-

Nicole Parker, a native of Baltimore, has always wanted to act. A few memorable big-screen roles led to a co-starring role on *Soul Food* and, she says, the love of her life, fiancé Boris Kodjoe.

looked the valleys.

"I had never been so nervous in my life. My heart was racing. I told her that I had to do something. So I knelt down on one knee, opened the box and I expressed my love. I told her about how good I feel when I'm with her. I told her that I want to spend the rest of my life with her."

But Boris' proposal didn't go quite as planned.

As Boris was professing his love on bended knee, Nicole jumped up and began running down the mountainside, screaming.

"I had to run after her because I still had the ring, and she hadn't told me yes—she had just started screaming," he laughs. "I caught her and we were just tumbling down the mountainside. At the bottom I had to get down on bended knee and propose all over again."

After an exciting engagement, Mother Nature decided that it was time for Nicole and Boris to become parents.

"I've wanted a baby with Boris

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BORIS & NICOLE *Continued*

for so long," Nicole says. "I'm so happy."

And vibrant. Boris is so connected with Nicole, that he's even assumed her morning sickness.

"I'm going to be the greatest father. I love children," he says. "I want to have a lot of kids!"

Their wedding is tentatively scheduled to take place in May 2005 in California.

HIS STORY

Boris Kodjoe is nothing if not tenacious, so he knew that Nicole couldn't run from him for long. Born in Freiburg, Germany, to Ursula Kodjoe, a German psychologist, and Eric Kodjoe, a Ghanaian doctor, Boris was skiing at the age of 4, he was fluent in three languages (German, English and French) as a pre-teen; and as a teen, Boris was a national tennis

phenomenon whose game earned him a scholarship to Virginia Commonwealth University.

Boris is a charmer as well—a stunningly handsome Brother who could have easily broken a million hearts, but instead chose to take another route.

It was Boris' ladykiller looks that earned him his first showbiz gig.

While visiting his sister in New York, he caught the eye of a talent scout. Boris returned to college (he earned a degree in marketing in May of 1996) and then returned to New York to pursue modeling.

In his first 7 months with the Ford modeling agency, Boris soared to supermodel status, having appeared in several major ad campaigns, including Versace and Ralph Lauren. Then came the television ads.

A back injury sidelined his tennis aspirations, so Boris' next step was to act. He took acting classes to mask his strong German accent and the film offers began to trickle in.

By the time he met face-to-face with Nicole, Boris had

appeared in the hit movie *Love and Basketball*, which led to his career-defining role in *Soul Food*.

Aside from being seriously in love, Boris and Nicole are also serious about their careers, and are positioning themselves to be Hollywood's next power couple.

The couple has gotten proactive with their careers, a trait that can be found in the hearts and minds of many of the movers and shakers of the new Black Hollywood.

At this moment, Nicole is writing three movie scripts, and Boris has a production company that's set to begin filming early next year.

"You have the power to move things and to get your career to a point where you are satisfied and happy,"

Boris explains. "Don't sit on a couch and wait for it to happen, you have to do it yourself."

Since going public with their relationship, Boris and Nicole have been living in the larger-than-life shadows of their onscreen personas, *Soul Food* lovers Teri and Damon, and they took the end of that relationship especially hard. Even though the show has ended, fans are still sending in suggestions about how Teri and Damon could get back together.

And Nicole embraces the fan loyalty.

"That's the great thing about *Second Time Around*—this show is fulfilling for the fans who loved Teri and Damon's relationship," she says. "They finally get to see Damon and Teri happy."

And Boris and Nicole, too.



Boris Kodjoe was born and raised in Germany, the son of a German psychologist and a Ghanaian doctor. The former tennis champ enjoyed a successful modeling career that led to a career-defining role in the Showtime drama series *Soul Food*, where he met his fiancée Nicole. He wants to have several children.

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"The picture they took of me looked awful, so I pasted that cute baby picture over it."



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Among the celebrities who are trying to energize a new group of voters is Andre 3000 at "Declare Yourself: Hollywood Celebrates Democracy," a nonpartisan, nonprofit campaign that's encouraging voters to participate in the 2004 election. P. Diddy (below), talking with the Rev. Jesse Jackson, is the head of Citizen Change, a get-out-the-vote organization that's encouraging increased minority and youth participation.

STARS Organize To Get Out **The** **VOTE**



NOT since the singing '60s have so many entertainers mobilized for political liberation. P. Diddy, Babyface, Black-Eyed Peas, Mary J. Blige, LL Cool J, Star Jones, Andre 3000. The list is endless and is growing and reflects the seriousness of the moment and the growing maturity of African-American stars.

Almost without exception, the mobilized stars are calling on Americans to get out and vote, whatever their political orientation. And although all do not say with P. Diddy, "VOTE OR DIE," all or



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The "Rock the Vote" bus tour, with the help of celebrities, plans to mobilize 20 million voters to go to the polls in November. Jehmu Greene (left), president of "Rock the Vote," says it's vitally important for young voters and others to become a part of the political process. At the Hip-Hop Summit in Detroit (below), hip-hoppers, including Eminem, talk about the importance of voting.

STARS ORGANIZE *Continued*
almost all say that Blacks suffered and died to get the right to vote and that it is a matter of life and death for African-Americans to use the vote responsibly in the crossroad 2004 election, which

may determine the future of issues—civil rights, voting rights, health care, employment, affirmative action—vital not only to the future of African-Americans but also to the future of American democracy.

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Businessman and hip-hop mogul Russell Simmons displays a T-shirt that's part of the "Let's Vote" campaign. Other celebrities who are "talking up the vote" include (below, l. to r.) LL Cool J, Gabrielle Union, Andre 3000, Kirsten Dunst and Leonardo DiCaprio at the "Declare Yourself: Hollywood Celebrates Democracy" in Beverly Hills. At the event (below, left) Andre 3000, one half of the award-winning group OutKast, takes the time to register to vote. Kanye West, appearing at the Hip-Hop Summit in Chicago, has also acknowledged the power of the hip-hop community and the importance of followers to register to vote.





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DURING THE OPENING CEREMONIES of the 2004 Summer Olympics in Athens, Greece, Dawn Staley, a member of the U.S. women's basketball team, carries the American flag and leads the U.S. delegation into the Olympic stadium.



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